

Health – Staying Healthy	
Grade 5 - 8	
Project 2061 Benchmarks (Grade 6 - 8)	
The Living Environment	
Activity	Flow of Matter and Energy
4, 5	Food provides molecules that serve as fuel and building material for all organisms. Plants use the energy in light to make sugars out of carbon dioxide and water. This food can be used immediately for fuel or materials or it may be stored for later use. Organisms that eat plants break down the plant structures to produce the materials and energy they need to survive. Then they are consumed by other organisms.
The Human Organism	
	Physical Health
8, 9	The amount of food energy (calories) a person requires varies with body weight, age, sex, activity level, and natural body efficiency. Regular exercise is important to maintain a healthy heart/lung system, good muscle tone, and bone strength.
4, 6, 7	Toxic substances, some dietary habits, and some personal behavior may be bad for one's health. Some effects show up right away, others may not show up for many years. Avoiding toxic substances, such as tobacco, and changing dietary habits to reduce the intake of such things as animal fat increases the chances of living longer.
1	Viruses, bacteria, fungi, and parasites may infect the human body and interfere with normal body functions. A person can catch a cold many times because there are many varieties of cold viruses that cause similar symptoms.

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NH Career Development Frameworks (Grade 5 - 8)	
Core Educational Learning	
	1. Students will demonstrate a firm grounding in the interactive language processes of reading, writing, speaking, listening, and viewing, as well as the ability to use those skills to communicate effectively.
8	Communicate and work effectively with others as active participants and responsive listeners.
	2. Students will demonstrate a firm grounding in essential computational skills as well as strong problem-solving and reasoning abilities.
8	Select appropriate computational techniques to help solve problems and, if appropriate, use mental computation and estimation strategies to check the reasonableness of results.
	3. Students will take an active role in their own learning
10	Devise a system, such as a flow chart or log, for keeping track of progress and goals, and adjust priorities to meet deadlines and manage time, according to this system.