

Goodheart-Willcox Publisher Correlation of <i>Exploring Life and Career: Introduction to Social Health</i> ©2017 to Tennessee Department of Education Section A – Human Services Course: Introduction to Social Health		
STANDARD		CORRELATING PAGES
Healthy Lifestyles		
1.	Analyze the relationship between eating, sleeping, physical activity, and wellness. Assess nutrition and fitness practices that promote personal wellbeing across the life span.	15–17, 122–128, 198–239, 250, 259–281
2.	Describe the body's use of nutrients and identify nutritional food sources. Cite current nutrition guidelines to classify foods and identify recommended servings. Read and evaluate food label information; compare and contrast nutrition of various snacks and fast food; and use this information to create a well-balanced menu plan for adolescents.	200–201, 205–213, 231–233, 251
3.	Compare food costs and determine whether there is a correlation between nutritional value and food cost. Define <i>food deserts</i> and describe their potential negative impact on community health.	221, 229–230
4.	Demonstrate safe food and equipment handling procedures while preparing healthful snacks. Create an informational artifact explaining the nutritional value of the snacks.	234–239, 259–264, 290–291
5.	Draw evidence from informational texts to compare and contrast aerobic and anaerobic physical fitness activities. Develop a plan for participating in either team or individual activities that provide physical benefits, along with daily practices requiring no special equipment.	124–125, 216–217, 221
Lifespan Development		
6.	Examine the interactions of physical, cognitive, and emotional-social development that occurs during each phase of the lifespan. Create an informative poster that describes one of the stages of growth and development.	10–17, 23–24, 54–76, 80

7.	Research and outline the physical, cognitive, and emotional-social development that occurs in puberty and adolescence. Work in a small group to create a presentation to present to the class.	11–16
Healthy Relationships and Communications		
8.	Analyze the different types of relationships and the characteristics of each. Compare and contrast healthy and unhealthy relationships by addressing issues including but not limited to the need for trust, respect and emotional support vs. bullying (cyberbullying), and verbal, physical, and emotional abuse.	18–45, 87, 192
9.	Examine methods of coping with personal and family change or crisis. Role-play positive parent-child and sibling communication. Explore conflict management, negotiation, problem-solving and anger-control strategies. Research and compile a list of resources (counseling, hotlines, support groups, etc.) for help in challenging circumstances.	37–45
10.	Practice giving and receiving instructions to accomplish a complex task. Recognize the consequences of poor communication skills and describe the importance of good communication between team members.	32–36, 40–41, 50–51, 80, 107, 254, 268, 291, 332–351, 393–394
11.	Articulate and convey situations related to school, relationships, and family. Practice active listening and appropriate “I” statements.	18–45
Career Exploration		
12.	Complete one or more career-choice survey instruments. Evaluate personal interests, traits, abilities, and goals to maximize future educational and career opportunities.	361–362, 370–371, 381
13.	Research one of the sixteen nationally recognized career cluster and identify three to five possible careers in that cluster. Determine the knowledge, skills, and attributes associated with the occupations. Compare and contrast the educational and licensing requirements for obtaining a position and for career advancement.	362–363, 367–369, 381

Resource Management		
14.	Research the different types of goals and list the different characteristics of each. Write specific, measurable, and attainable goals (such as postsecondary education, car ownership) and explore logical strategies for achieving them.	90-104, 112, 115-121, 135-140, 370-371
15.	Describe the importance of effective money management and its relationship to achieving goals. Construct a spending plan for one of the goals identified previously in the course.	95-104, 115-118, 135-149, 371
16.	Create a time tracking system, such as a time log, to analyze the percentage of time spent each day on broad categories such as sleeping, eating, travel, school assignments, socializing, work, family, chores. Use the system to develop a plan for more effective use of time.	118-119, 149
Appropriate Technology Use		
17.	Practice responsible and safe use of technology. Create a list of best practices related to computer netiquette, privacy, security, and copyright laws.	186-195
18.	Use technology to access, manage, create, manipulate, and interpret information. Evaluate the content of a webpage to assess its reliability and trustworthiness. Cite sources of information correctly. Demonstrate proficiency with communication technologies to prepare publications and produce other creative works.	44-45, 80-81, 112-113, 148-149, 174-175, 188-189, 194-195, 220-221, 251, 291, 324-325, 350-351, 380-381, 392, 398-399
19.	Use technology to prepare and deliver a presentation. Evaluate delivery options based on topic, audience characteristics, and desired outcomes.	44, 148-149, 194-195, 291, 380