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Introduction

The Core Health II Course teaches about the human anatomy, human health, heart health, nutrition, healthy weight, effects of smoking, drugs, and alcohol, body development, puberty, body height, relationships, friendship, coping skills, problem solving skills, and self-esteem. The Course has 34 lessons organized in 6 Units and its learning objectives align with health curriculum standards for grades 4 to 10. There are 170 audio-supported instruction pages, 405 interactive lesson screens, 35 interactive activities, 330 lesson assessment questions, and 330 Unit assessment questions. Assessment questions results can be used to manage personalized learning paths and monitor student progress. Completion time is estimated at 35 to 40 hours.

Unit 1: Anatomy

Lesson 1: Vision

Learning Objectives

- to learn about the eyes
- to learn about how we see

Activity Type

- 10 Question Quiz

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 36

Flash Instruction Screens - 11

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Endocrine System

Learning Objectives

- to learn about the parts of the endocrine system
- to learn about how the endocrine system functions
- to learn about hormones

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 32

Flash Instruction Screens - 17

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Blood

[Learning Objectives](#)

- to learn about features of blood
- to learn about blood pressure

[Activity Type](#)

- drag and drop

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 30

Flash Instruction Screens - 15

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Heart Circulation

[Learning Objectives](#)

- to learn about the circulatory system
- to learn about the heart

[Activity Type](#)

- drag and drop

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 28

Flash Instruction Screens - 13

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Healthy Heart

Learning Objectives

- to learn about keeping the heart healthy
- to learn about causes of heart disease

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 28

Flash Instruction Screens - 10

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 2: Body Health

Lesson 1: Sleep, Rest, & Leisure

Learning Objectives

- to learn about sleep and health
- to learn about rest and leisure and health

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 32

Flash Instruction Screens - 14

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Smoking

Learning Objectives

- to learn about the risks to health from smoking

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 43

Flash Instruction Screens – 19

Summary Pages - 9

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Drugs

Learning Objectives

- to learn about use and abuse of prescription drugs
- to learn about the risks to health from illegal drugs
- to learn about drug addiction

Activity Type

- 5 Practice Questions.

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 30

Flash Instruction Screens – 11

Summary Pages - 5

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Alcohol

Learning Objectives

- to learn about the risks to health from alcohol
- to learn about alcoholism

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 40

Flash Instruction Screens – 19

Summary Pages – 6

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 3: The Growing Body

Lesson 1: Brain Development

Learning Objectives

- to learn how the brain develops from childhood to adulthood

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 23

Flash Instruction Screens - 5

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 70 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Stages of Growth

Learning Objectives

- to learn how the body grows from childhood to adult

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 29

Flash Instruction Screens - 10

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 70 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Body Height

[Learning Objectives](#)

- to learn about changes and differences in body height

[Activity Type](#)

- 5 Practice Questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 36

Flash Instruction Screens – 14

Summary Pages - 7

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 70 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Systems Check

[Learning Objectives](#)

- to learn about body growth and changes in body systems
- to learn about the role of the endocrine system in body growth

[Activity Type](#)

- 5 Practice Questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 27

Flash Instruction Screens – 7

Summary Pages - 5

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 70 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Puberty

[Learning Objectives](#)

- to learn about puberty for boys and girls

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 55

Flash Instruction Screens – 27

Summary Pages - 13

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 70 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 6: Periods & Dealing with Puberty

Learning Objectives

- to learn about the menstrual cycle
- to learn about dealing with the changes from puberty

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 37

Flash Instruction Screens – 15

Summary Pages - 7

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 70 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 7: Acne

Learning Objectives

- to learn about acne and how to treat it

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 29

Flash Instruction Screens – 11

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 70 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 4: Healthy Eating

Lesson 1: Healthy Eating

Learning Objectives

- to learn about healthy eating
- to learn about the importance of healthy eating
- to learn about the food pyramid

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 29

Flash Instruction Screens - 8

Summary Pages - 6

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Nutrition Basics

Learning Objectives

- to learn about nutrition
- to learn about nutritious food groups

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 22

Flash Instruction Screens - 5

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Vitamins & Minerals

[Learning Objectives](#)

- to learn about vitamins and minerals

[Activity Type](#)

- 5 Practice Questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 28

Flash Instruction Screens - 11

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Weight

[Learning Objectives](#)

- to learn about healthy weight
- to learn about eating disorders like anorexia and bulimia
- to learn about obesity

[Activity Type](#)

- 5 Practice Questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 29

Flash Instruction Screens - 11

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Junk Food

Learning Objectives

- to learn what is junk food
- to learn the problems with eating too much junk food

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 19

Flash Instruction Screens - 3

Summary Pages - 1

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 6: Digestive System

Learning Objectives

- to learn about the parts of the digestive system
- to learn about how we digest our food

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 26

Flash Instruction Screens - 13

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 7: Healthy Eating Fun

Learning Objectives

- to learn about making healthy food choices
- to learn about safe food preparation
- to learn about food poisoning
- to learn about healthy meal recipes

Activity Type

- 10 Question Quiz
- Flash Model (37)
- Flash Resource (24)

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 13
Flash Instruction Screens - 3
Summary Pages - 0

Unit 5: You & Others

Lesson 1: Circle of Relationships

Learning Objectives

- to learn about types of relationships

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 24
Flash Instruction Screens – 7
Summary Pages - 2
Quiz Questions – 10 total questions; 5 randomly selected to populate quiz
Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Fitting In

Learning Objectives

- to learn about getting along with peer groups

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 27

Flash Instruction Screens - 8

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Good Friends

Learning Objectives

- to learn about the qualities of friendship

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 49

Flash Instruction Screens - 24

Summary Pages - 10

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Stereotypes, Discrimination, & Harassment

Learning Objectives

- to learn about problems with stereotyping people
- to learn about discrimination
- to learn about harassment

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 44

Flash Instruction Screens - 18

Summary Pages - 11

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Dealing with Things Coping

Learning Objectives

- to learn about coping skills to resolve stress and conflict

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 33

Flash Instruction Screens - 12

Summary Pages - 6

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 6: Dealing with Things Problem Solving

Learning Objectives

- to learn about problem solving skills in dealing with people

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 37

Flash Instruction Screens - 14

Summary Pages - 8

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 6: Personal Identity

Lesson 1: Self-Esteem

Learning Objectives

- to learn about self-esteem

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 27

Flash Instruction Screens – 9

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Positive & Negative Self-Esteem

Learning Objectives

- to learn about features of positive self-esteem
- to learn about features of negative self-esteem

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 21

Flash Instruction Screens - 3

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Influences on Self-Esteem

Learning Objectives

- to learn about things that influence self-esteem

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 34

Flash Instruction Screens - 10

Summary Pages - 9

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Body Image

[Learning Objectives](#)

- to learn about problems with body image

[Activity Type](#)

- 5 Practice Questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 32

Flash Instruction Screens - 10

Summary Pages - 7

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Feeling Good About Yourself

[Learning Objectives](#)

- to learn about ways to feel good about yourself

[Activity Type](#)

- 5 Practice Questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 41

Flash Instruction Screens - 18

Summary Pages - 8

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test