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ABSTRACT

Written to help teachers improve health practices of their students, this guide provides a sequential unit approach to health education in grades K through 12. Primary grades 1-6 have suggested units in personal health, nutrition, community health, first aid and safety, consumer health, and mental health. Secondary grades 7-12 consider in addition: drug abuse and education, human sexuality, family life, exercise and the human body, formation of habits, social and emotional maturity, communicable diseases, social services, and health careers. Each grade level lists major concepts or subject areas accompanied by activities and audio visual materials suitable for use in reinforcing the concept. Space is furnished for note taking next to each suggestion. Supplementary reference materials and sources of free or low cost health and safety items for teachers use are supplied in the appendix. (BL)

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

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- A. Sources of Free or Low Cost Health and Safety Materials
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**PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS
HEALTH EDUCATION GUIDE**

FOREWORD

"Health", according to the World Health Organization of the United Nations, "is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity".

The purpose of this guide is to help our teachers improve good health practices in the lives of the students of Parsippany-Troy Hills Schools. Every child in the school system, whether he is in kindergarten or 12th grade, has a unique need for effective health education.

May I commend the committee for its foresight in seeing the need for this comprehensive approach to health education in the Parsippany-Troy Hills Township Schools.

**GEORGE A. OLDHAM
Superintendent**

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

TO THE TEACHER

As a result of deliberations during the Year of Assessment and the efforts of a number of members of the Central Curriculum Planning Committee, it is hoped that by following this guide from K through 12th grade, all teachers will have a sum of all experiences that favorably influence knowledge, attitudes, and practice in the classroom and community health. It should be pointed out that teachers have a responsibility for awareness of their own health and should be familiar with this guide.

It will be noted that in the secondary grades the suggested areas of instruction are diverse. By using this technique, it is hoped that all necessary areas will be explored by teachers and students. The goal of the health education of our students of Parsippany-Troy Hills is to be complete, each unit should be comprehensive. By combining the Human Sexuality Guide and the Drug Awareness manual, the goal of informing and motivating young people to do that which is good for their own health and that of others should be within their grasp.

The following individuals, under the chairmanship of Shirley Stevenson, should be commended for their contribution to the development of this outline:

Frank G. Acocella
Helen Heerwagen
Carl A. Hess III
Judith A. Torick

JOHN E.
Assistant
Instructional

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

TO THE TEACHER

contributions during the Year of Assessment and the efforts of a number of your peers on the Planning Committee, it is hoped that by following this guide from K through 12, our students will have experiences that favorably influence knowledge, attitudes, and practices relating to individual health. It should be pointed out that teachers have a responsibility for awareness in the field of health education familiar with this guide.

That in the secondary grades the suggested areas of instruction are divided into units. By following this guide it is hoped that all necessary areas will be explored by teachers and students. In order that the health education of our students of Parsippany-Troy Hills is to be complete, each unit should be taught sequentially. In addition to the Sexuality Guide and the Drug Awareness manual, the goal of informing and motivating our students to be good for their own health and that of others should be within their grasp.

The individuals, under the chairmanship of Shirley Stevenson, should be commended for their contribution to the development of this outline:

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JOHN E. SHEEHY
Assistant Superintendent
Instruction

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

NOTES TO THE TEACHER

1. All teachers should be aware that resources listed on the regular guide pages. At the end of the guide there are further sources of information for the classroom teacher. Morris County Audio-Visual Aids; AMA is American Medical Association; AAHPER, Health, Physical Education, and Recreation.
2. Many of the films in the Health Education Guide are from new sources. All films should be previewed by the classroom teacher. This will enable said teacher to formulate questions or other follow-up activities as a result of the film showing.

This is particularly important in health education because of the rapid changes that take place in this area. Some materials in the films may or may not be current or pertinent.
3. Anatomy and physiology have been intentionally deleted from this guide because the Science Curriculum does extensive coverage in this area.
4. It is recommended that in the near future the Driver Education program be phased into the Health Curriculum. A separate and distinct department should be established in the future to implement the program. It is also recommended that a curriculum guide in Driver Education be developed.
5. Those students in the Vocational Education Program should have extra emphasis on health insurance, pre-natal care, consumer education, and family living should get extra attention.
6. An open unit, at the junior and senior level, called a "rap session" is left available as a choice of subject matter at the discretion of the teacher. These units could be used for discussion in a follow-up nature to a previous unit or topics chosen for discussion by the students.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

NOTES TO THE TEACHER

should be aware that resources listed on the regular guide pages are not an all-inclusive list. At here are further sources of information for the classroom teacher's use. Code used: MCAVA is -Visual Aids; AMA is American Medical Association; AAHPER is American Association for cation, and Recreation.

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

NOTES ON BUS SAFETY

By New Jersey State law, bus safety must be a part of the curriculum every year from the first to the twelfth grade. It is suggested that teachers have a preliminary or follow-up activity in each year on the bus.

Some suggested activities are:

1. Discuss safety equipment on bus.
2. Discuss loading and unloading - possibility of a car driver not knowing state law.
3. Rules to be followed while on the bus - discussion, posters, charts, cartoons.
4. Discussion of clothing and manners to be thought of in relation to waiting for the bus.
5. How to handle motion sickness - precautions to take.
6. Discuss bus routes in your specific school.
7. Discuss distances for walkers as well as bus students and why some distances are hazardous. (Reasoning: hazardous walking conditions, avoid highway crossing)
8. Relate bus safety rules to other modes of transportation.
9. What is the role of a passenger in case of an accident? Give various circumstances.
10. Bus safety on field trips.
11. Responsibility of student to the bus driver.
12. What do you do for hysteria and/or panic on the bus?
13. How do you knock out the bus windows?
14. Importance of staying in seat and no flying objects.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

NOTES ON BUS SAFETY

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staying in seat and no flying objects.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

EVALUATION

Please give suggestions for improvements at your grade level.

A. Concepts

B. Areas omitted or added unnecessarily, etc.

C. Please add any resource material you feel would benefit teachers at your grade level.

Name:

Grade:

School:

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

I. PERSONAL HEALTH

A. Personal Appearance

1. Cleanliness

Wash hands before and after eating, after bathroom usage.

Wash dolls and dolls' hair

Wash dolls' clothing.

Film: "How Billy Keeps Clean"
New York City Board of Education

Record: "The Little Kitten that Would Not Wash Its Face"

2. Personal Habits

a. Use of handkerchief for sneezing and covering coughs.

Demonstration of proper usage.

b. Use of own towel, comb, toothbrush, etc. (also care of these tools)

Make name tags for own comb and brush, etc.

Color codes as red toothbrush, red comb.

3. Selection and care of clothing

a. In relation to various types of weather

Feel and touch different types of materials

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

KINDERGARTEN

REINFORCEMENTS

NOTES

Wash hands before and after eating, after bathroom usage.

Wash dolls and dolls' hair

Wash dolls' clothing.

Film: "How Billy Keeps Clean"
New York City Board of Education

Record: "The Little Kitten that Would Not Wash
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Demonstration of proper usage.

Make name tags for own comb and brush, etc.

Color codes as red toothbrush, red comb.

Feel and touch different types of materials

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

b. Cleanliness and Care
of clothing

Pictures for seasonal distinction of clothes.

Film: "Dress for Health"

New York City Board of Education

Each child to have smock for cleaner clothes.

Each child to have a place for his things in the
classroom.

Proper usage of "lost and found".

4. Posture

a. Standing

Demonstration of proper use of chair

b. Sitting

Marching

Stretching games

B. Activity and Rest

1. Rest Period

Relax before and after snacks

Why we should go to bed early

2. Physical Activity

Exercises that include stretching and bending.

Imitate a rag doll

Games, marching, dancing, etc.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

KINDERGARTEN

REINFORCEMENTS

NOTES

Pictures for seasonal distinction of clothes.

Film: "Dress for Health"
New York City Board of Education

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Stretching games

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Exercises that include stretching and bending.

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Games, marching, dancing, etc.

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

C. Dental Health

Posters

1. Brushing Teeth

Demonstration by school nurse

Film: "Learning to Brush"
MCAVA

Record: "Mary's Tooth"

2. Importance of Seeing a Dentist

Use "Dentist Puzzle"

Film: "Trip to the Dentist"
MCAVA

D. Eyes, Ears, Nose

Opportunities to use each of the senses

1. Eyes for Seeing

Chalk or bulletin boards to reinforce the uses of these senses.

2. Ears for Hearing

Use magnifying glasses.

3. Nose for Smelling and Breathing

Compliment wearers of glasses.

Puppets to dramatize visit to Eye Doctor

Records: "Muffin in the City"
"Sounds Around Us"

Story: "Noisy Book"

Games: Whisper Game
Mother Cat and Three Kittens

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

KINDERGARTEN

REINFORCEMENTS

NOTES

Posters

Demonstration by school nurse

Film: "Learning to Brush"
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HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

4. Harm that May Come To These Senses

Imagine absence of each of these senses.
Discuss danger of pointed objects, rubbing, and accidents

II. NUTRITION

- A. Breakfast Very Important

Bulletin Board
Simulated breakfast
Pictures of common breakfast foods
Discuss pupils' breakfasts
Plan and eat a breakfast in class

- B. Foods for Health

Alternate carrots, celery, apple slices, etc. for snacks.
Discuss rules for proper cleaning.

Record: "Baker Bill"

Filmstrip: "Foods for Health"
New York City Board of Education

III. COMMUNITY HEALTH

- A. Use of Public Facilities

1. Drinking Fountain
2. Toilets
3. Swimming Pools

Use public facilities in school under teachers' guidance.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

KINDERGARTEN

REINFORCEMENTS

NOTES

Imagine absence of each of these senses.

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HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

B. Immunization

Discuss immunization necessary before entering school

Book: "Dear Mumps Child"

C. Classroom Cleanliness

Assign a child, each day, to clean up his group table - also to set it up.

Make disposal containers available.

D. Disposal of Used Milk Containers, Tissue, etc.

IV. FIRST AID AND SAFETY

A. Cleaning and Protecting a Wound

Role playing

Visit to Nurse's Office

B. Proper Use of a Chair

1. Sitting correctly

Practice following action commands.

2. Carrying Correctly

C. School Rules Pertaining to Behavior in the Halls

Take a trip through the school building.

D. Knowledge of Name, Address, Phone Number, Age, Parents' Names

Find own names and addresses on a class name and address chart

Song: "Remember Your Name and Address"

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

KINDERGARTEN

REINFORCEMENTS

NOTES

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Make disposal containers available.

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HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

E. Positive and Helpful Purpose of Police and Crossing Guards

Pictures of people who help keep safety in our thoughts.

Ask crossing guard to visit the classroom.

Filmstrip: "Larry Helps the Policeman"

F. Fire

Drawings

Practice fire drills and talk about them

1. Hazards such as Playing with Matches

2. Acquaintance with Fire Department

3. Fire Drills and Their Procedure

G. Medicine

Dramatize proper administration of medicine by role playing child and parent

See Drug Abuse Guide

1. Take Only with Parent's Permission

2. Be Sure Parent Administers It

V. CONSUMER HEALTH

A. Doctor Services

Visit the nurse's office.

Dramatize visit to the doctor's office.

Use toy stethoscope in play area.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

KINDERGARTEN

REINFORCEMENTS

NOTES

Pictures of people who help keep safety in our thoughts.

Ask crossing guard to visit the classroom.

Filmstrip: "Larry Helps the Policeman"

Drawings

Practice fire drills and talk about them

Dramatize proper administration of medicine by role playing child and parent

See Drug Abuse Guide

Visit the nurse's office.

Dramatize visit to the doctor's office.

ERIC
Full Text Provided by ERIC
toy stethoscope in play area.

HEALTH EDUCATION GUIDE

CONCEPTS

B. Advertisements on Television

C. Proper Handling of Toys

1. At Home

2. At School

VI. MENTAL HEALTH

A. Positive Self-Image

B. Family Roles

C. Respect for Others

REINFORCEMENTS

Discuss how company wants to sell product and is not always truthful.

Discussion of favorite toys and how you feel if lost or broken.

Have students go into different groups for individual differences -

boy - girl
brown hair - red hair - blonde hair
curly hair - straight hair

Have students realize how they each are individuals and how each child in the group differs with him.

Role playing

Take turns sharing games and toys and clean-ups

Discuss purpose of rules and reasons for obeying them.

Use a Helping Hand Chart

Make "Get Well" cards for ill classmates

Book: "Keiko's Birthday"

REINFORCEMENTS

NOTES

n Television

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HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

I. PERSONAL HEALTH

A. Personal Appearance

1. Hair Grooming
2. Cleansing of Body
 - a. Dirt
 - b. Oil Glands
3. Hand Grooming with Emphasis on Nails
4. Clothing for Various Occasions
5. Care of Clothing

Cut out pictures of objects used for keeping well-groomed and clean.

Dramatize getting ready for school

Cut out objects that hands touch in a day

Experiment: Place oil on one piece of paper and leave the other piece clean. Observe which attracts and holds more dirt.

Film: "How Billy Keeps Clean"
New York City Board of Education

Demonstrate proper use of nail brush

Place dirt from under nails on swab and look at it under microscope or with a magnifying glass

Children to cut out pictures of appropriate clothes for parties, school, play, etc.

Listen to weather reports for type of clothes to wear

Discuss clothes closet in school and that at home.

Discuss what to do with clothes when you take them off

SIDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 1
	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Cut out pictures of objects used for keeping well-groomed and clean.</p> <p>Dramatize getting ready for school</p> <p>Cut out objects that hands touch in a day</p> <p>Experiment: Place oil on one piece of paper and leave the other piece clean. Observe which attracts and holds more dirt.</p> <p>Film: "How Billy Keeps Clean" New York City Board of Education</p> <p>Demonstrate proper use of nail brush</p> <p>Place dirt from under nails on swab and look at it under microscope or with a magnifying glass</p> <p>Children to cut out pictures of appropriate clothes for parties, school, play, etc.</p> <p>Listen to weather reports for type of clothes to wear</p> <p>Discuss clothes closet in school and that at home.</p> <p>Discuss what to do with clothes when you take them off</p>	<p style="text-align: center;"><u>NOTES</u></p> <p><u>Health for All</u> - pages 14-15</p> <p><u>Health for All</u> - pages 140-144</p>

HEALTH EDUCATION GUIDE

CONCEPTS

- 6. Posture
 - a. Balance
 - b. Stand Straight

B. Activity and Rest

- 1. Times of Day for Activity
 - a. Wake up
 - b. Eat
 - c. Play
 - d. Sleep

- 2. Rest Necessary for Body
- 3. Rest and Colds Related

C. Dental Health

- 1. Baby Teeth and Permanent Teeth
- 2. Reinforce Brushing

REINFORCEMENTS

- Balance blocks
- Check image in mirror for straightness
- Draw stick figures showing various postures

Make clocks to show these times

March like wooden soldiers

List some quiet games children like to play

Discuss ventilation

Rest periods before and after eating

Film: "Getting Ready for Bed"

Film: "Let's Have Fewer Colds"
New York City Board of Education

Film: "Winky the Watchman"
MCAVA

Health

	<p>PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS</p>	<p>GRADE 1</p>
	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Balance blocks</p> <p>Check image in mirror for straightness</p> <p>Draw stick figures showing various postures</p> <p>Make clocks to show these times</p> <p>March like wooden soldiers</p> <p>List some quiet games children like to play</p> <p>Discuss ventilation</p> <p>Rest periods before and after eating</p> <p>Film: "Getting Ready for Bed"</p> <p>Film: "Let's Have Fewer Colds" New York City Board of Education</p> <p>Film: "Winky the Watchman" MCAVA</p>	<p style="text-align: center;"><u>NOTES</u></p> <p><u>Health for All</u> - pages 38-39, 139</p>

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

CONCEPTS

3. Dentist
4. Effects of Food
 - a. Milk
 - b. Sweets

D. Eyes, Ears, Nose

1. Relate Senses to Learning
2. Specific Causes of Injury
3. Eye Strain
 - a. Poor lighting
 - b. Television

E. Health Appraisal

1. Heath Test
 - a. Skin Test for Tuberculosis

REINFORCEMENTS

Filmstrips: "The Loose Tooth"
"The Teeth"

Publications: "Teaching Dental Health to
Elementary School Children"
AAHPER \$.75

Have dentist visit children away from fearful
equipment

Film: "Tuffy the Tooth"
MCAVA

Filmstrip: "Tuffy the Tooth"
Nurse's Office

Mobile of dangerous objects to eyes and ears.

Make a picture list of dangerous objects and toys

Correct way of holding and carrying scissors

Dramatize what to do if something gets in the eye

Toothpicks dangerous to ears

Listen for noises on way to and from school

Nurse to visit class with Heath gun and explain
test before date of skin testing

IDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 1
Learning of Injury	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Filmstrips: "The Loose Tooth" "The Teeth"</p> <p>Publications: "Teaching Dental Health to Elementary School Children" AAHPER \$.75</p> <p>Have dentist visit children away from fearful equipment</p> <p>Film: "Tuffy the Tooth" MCAVA</p> <p>Filmstrip: "Tuffy the Tooth" Nurse's Office</p> <p>Mobile of dangerous objects to eyes and ears.</p> <p>Make a picture list of dangerous objects and toys</p> <p>Correct way of holding and carrying scissors</p> <p>Dramatize what to do if something gets in the eye</p> <p>Toothpicks dangerous to ears</p> <p>Listen for noises on way to and from school</p> <p>Nurse to visit class with Heath gun and explain test before date of skin testing</p>	<p style="text-align: center;"><u>NOTES</u></p>

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

II. NUTRITION

- A. Wholesome Foods
- B. Eat a Variety of Foods
- C. Recognition of Overweight and Underweight Conditions
- D. Eating Habits
- E. Pleasant Atmosphere is Better for Digestion

- Tell stories about trip to food store with parent
- Play store
- Record number of glasses of milk drunk a day
- Find pictures of milk and milk products, also meat
- Encourage a fruit to be brought in for a snack
- Make a place mat for lunch

II. COMMUNITY HEALTH

- A. Using School Facilities
- B. Unhealthiness of Sharing Food with People and Animals
- C. Reinforce Helpful Members of Community
- D. Pride in Cleanliness of Surroundings in School, Classroom, and Town
- E. Hospital - Purpose and Positive Aspects

- Entire class to visit girls' room and boys' room
- Discuss fact that most animals follow a cleanliness pattern of their own
- Dramatize a visit to a hospital
- Books: "Doctors and Nurses; What Do They Do?
Greene, Carla
"Johnny Goes to the Hospital"

REINFORCEMENTS

NOTES

Tell stories about trip to food store with parent

Play store

Record number of glasses of milk drunk a day

Find pictures of milk and milk products, also meat

Encourage a fruit to be brought in for a snack

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Health for All - pages 12-13, 46-51

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

IV. FIRST AID AND SAFETY

- A. Pedestrian Safety
- B. Traffic Signs and Street Crossing
- C. Bike Riding
- D. Beware of Strange People and Cars
- E. Beware of Stray Animals
- F. Playground Safety
- G. Lunch Time Safety
- H. Bus Safety

- I. Electrical Outlet and Appliance Hazards
- J. Seasonal Dangers such as Thin Ice, Snow Balls, etc.
- K. Cleansing of Cuts Reinforced

Film: "Safety on the Way to School"
MCAVA

Make traffic signals
Dramatize policemen directing traffic

Discuss personal experiences with stray animals

Dramatize several situations that could happen on the bus

Film: "Safety on the School Bus"
MCAVA

Cut pictures of hazards at home and make a safety booklet

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 1

REINFORCEMENTS

NOTES

Film: "Safety on the Way to School"
MCAVA

Make traffic signals
Dramatize policemen directing traffic

Discuss personal experiences with stray animals

Dramatize several situations that could happen
on the bus

Film: "Safety on the School Bus"
MCAVA

Cut pictures of hazards at home and make a
safety booklet

HEALTH EDUCATION GUIDE

CONCEPTS

L. Treatment of Minor Burns

1. Run cold water on it
2. Covering with ointment and band-aid takes away sting

M. Use of Sneakers

N. Learn Poison Sign

V. MENTAL HEALTH

A. Continue Self-Image Development

B. Positive Points of Being Their Own Sex - enjoy being a girl or boy

C. Sharing

REINFORCEMENTS

Demonstrate use of sneakers on different floor surfaces

Discuss sneakers for physical education class

Draw poison sign

List poisonous things around the house

Film: "Poison in the House"
New Jersey State Museum

Dramatize through pantomime various emotions that a child may feel

Describe feeling when one shares and when one is selfish

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 1

REINFORCEMENTS

NOTES

Demonstrate use of sneakers on different floor surfaces

Discuss sneakers for physical education class

Draw poison sign

List poisonous things around the house

Film: "Poison in the House"
New Jersey State Museum

Dramatize through pantomime various emotions that a child may feel

Describe feeling when one shares and when one is selfish

Health for All

Unit I - pages 30-31, 34-37, 42-45

Unit II

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

- D. Accepting New Classmates**
- E. Allowance for Individual Differences**
- F. Emotions are in All People**

REINFORCEMENTS

Have each child name one way he can help a new classmate feel welcome

See Drug Abuse Guide

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

I. PERSONAL HEALTH

A. Personal Appearance

1. Reinforce Toilet Habits
2. Reinforce Proper Clothing to Suit Weather Changes
3. Posture Reinforced

Discuss hand washing

Stretching exercises; sitting correctly

B. Activity and Rest

1. Emphasize Outside Play
2. Value of Vigorous Activity Emphasized

Discuss feeling after one has participated in an activity that has been enjoyed

Sing and act out songs

3. Quiet and Restful Indoor Activities

Discuss what one should do before going to bed at night

a. Individual

b. Group

C. Dental Health

1. See Dentist Regularly

REINFORCEMENTS

NOTES

Discuss hand washing

Stretching exercises; sitting correctly

Discuss feeling after one has participated in an activity that has been enjoyed

Sing and act out songs

Discuss what one should do before going to bed at night

Health for All - pages 48-57, 62-27, 112-113

Health for All - Pages 32-35, 148-150

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

2. Reinforce Brushing

Film: "Learning to Brush"
MCAVA

A quote teacher may use for discussion:
"If you can't brush, swish and swallow"

3. Tooth Formation

a. Form in jaw and erupt
in orderly sequence

Write original stories about care of teeth

b. Lost tooth too early may
cause crooked second
teeth

Discuss what happens when small cavities are
not filled

Keep personal record of tooth brushing

Campaign to replace worn-out toothbrushes

D. Eyes, Ears, Nose

1. Cleansing of Ear

School nurse explain why doctor should remove
wax from ear

2. Manner in which to Blow
Nose

Discuss never putting anything in ear or nose

Book: "Follow Your Nose"
by Showers, Paul

3. Proper Lighting

4. Blindness

a. Total

Discuss work done at "Light House" or plan a
visit

1) Seeing Eye

Look at objects made by the blind

b. Color Blindness

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 2

REINFORCEMENTS

NOTES

Film: "Learning to Brush"
MCAVA

A quote teacher may use for discussion:
"If you can't brush, swish and swallow"

Write original stories about care of teeth

Discuss what happens when small cavities are
not filled

Keep personal record of tooth brushing

Campaign to replace worn-out toothbrushes

School nurse explain why doctor should remove
wax from ear

Health for All - pages 73-77, 78-79,
80- 81, 146-147

Discuss never putting anything in ear or nose

Book: "Follow Your Nose"
by Showers, Paul

Discuss work done at "Light House" or plan a
visit

Look at objects made by the blind

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

Write stories about handicaps of losing one of the senses

Books: "Your Eyes" by Adler, Irving
"Your Ears" by Adler, Irving
"My Five Senses" by Adler, Irving

II. NUTRITION

"Nutritional Resource Unit for Primary Grades"
#244-07368 \$.40, AAHPER Publications

- A. Enjoyment of Eating
 - 1. Relaxed Atmosphere
 - 2. Chewing Well
- B. Disposal of Food
- C. Classroom Sanitation
- D. Growth of Body

Keep individual height and weight charts

Pictures of famous athletes

Story: "Why Do My Clothes Shrink as I Grow?"

Pictures of four basic foods

- E. Four Basic Foods

III. COMMUNITY HEALTH

- A. Community Helpers
 - 1. Firemen
 - 2. Policemen

Possible visit to firehouse and/or police department.

REINFORCEMENTS

NOTES

Write stories about handicaps of losing one of the senses

Books: "Your Eyes" by Adler, Irving
"Your Ears" by Adler, Irving
"My Five Senses" by Adler, Irving

"Nutritional Resource Unit for Primary Grades"
#244-07368 \$.40, AAHPER Publications

Health for All - pages 118-121, 143-145

Keep individual height and weight charts

Pictures of famous athletes

Story: "Why Do My Clothes Shrink as I Grow?"

Pictures of four basic foods

Possible visit to firehouse and/or police department.

Health for All - pages 122-123

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

IV. CONSUMER HEALTH

- A. Role of Doctor
- B. Role of Druggist

- Doctor visit class
- Druggist visit class

V. FIRST AID AND SAFETY

- A. Home Accidents
- B. Communicable Diseases
 - 1. Chicken Pox
 - 2. Flu
 - 3. Impetigo
 - 4. Mumps
 - 5. Measles
 - 6. Common Cold
- C. Other Common Physical Annoyances and Treatment
 - 1. Poison Ivy
 - 2. Insect Bites
 - 3. Sunburn

- Films: "Safety at Home"
"Safety in Winter"
"Playground Safety"
all available through MCAVA
- List places where germs can be found in abundance
- Dramatize ways to prevent colds
- Draw health posters on cold prevention
- Books: "Peter Gets the Chicken Pox" Lerner, M.
"Penny the Medicine Maker, the Story of Penicillin" by Epstein, Sherrie

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 2

REINFORCEMENTS

NOTES

Doctor visit class

Druggist visit class

Films: "Safety at Home"
"Safety in Winter"
"Playground Safety"
all available through MCAVA

Health for All - pages 36-46, 102-103

List places where germs can be found in abundance

Health for All - pages 124-125

Dramatize ways to prevent colds

Draw health posters on cold prevention

Books: "Peter Gets the Chicken Pox" Lerner, M.
"Penny the Medicine Maker, the Story
of Penicillin" by Epstein, Sherrie

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

- D. Use of Sneakers
- E. Bus Safety
- F. Concept of Prescription Drugs
- G. Always check with Parent before Taking Medication

See Drug Abuse Guide

V. MENTAL HEALTH

- A. Postive Self -Image
- B. Control of Emotions
- C. Respect Others' Rights and Privacy
- D. Sharing

Discuss Temper Tantrums, crying when one doesn't get his way

List games and sports played with others after school

Read: "This is a Team"

Discuss: "Is sharing always good?"

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 2

REINFORCEMENTS

NOTES

Drugs

See Drug Abuse Guide

All medication to be taken during school hours is to be kept in the nurse's office

ent
on

Health for All - pages 96-101

and

Discuss Temper Tantrums, crying when one doesn't get his way

List games and sports played with others after school

Read: "This is a Team"

Discuss: "Is sharing always good?"

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

I. PERSONAL HEALTH

A. Personal Appearance

1. Cleanliness

Observe skin pores

Scrape outside of mouth and examine under the microscope

Film: "Cleanliness and Health"
MCAVA

Book: "Your Skin and Mine" by Showers, Paul

2. Clean Clothes and Clean Body

Observe how dirty water is as it leaves washing machine

a. Perspiration Dirt

b. Mud-type Dirt

3. Toilet Habits

Discuss how often health tools should be evaluated for cleanliness

a. Keeping tools, such as comb and brush, clean

4. Posture

See if feet, back of knees, buttocks, shoulders, and head touch or almost touch the wall

DE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 3
	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Observe skin pores</p> <p>Scrape outside of mouth and examine under the microscope</p> <p>Film: "Cleanliness and Health" MCAVA</p> <p>Book: "Your Skin and Mine" by Showers, Paul</p> <p>Clean</p> <p>Dirt</p> <p>t</p> <p>such brush,</p> <p>See if feet, back of knees, buttocks, shoulders, and head touch or almost touch the wall</p>	<p style="text-align: center;"><u>NOTES</u></p> <p>Generally, the children start dressing and bathing without close parental supervision at this age.</p>

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

B. Activity and Rest

1. Physical Fitness Program Begins
2. More Formal Exercises
3. Weight in Relation to this Area

Discuss pre-season training purpose in football, baseball, etc.

Cut out pictures of athletes

Cut out pictures showing good and bad posture and over-weight and under-weight

C. Dental Health

1. Parts of a Tooth
2. Cavity Formation

Diagram of a tooth

"Do You?" Dental miniature B44 Posters and Pamphlets - National Dairy Council

Book: "Your Wonderful Teeth" by Schloat, W.

3. Food Value

Diagram of formation of a cavity

Have speech teacher discuss the importance of teeth to speaking

D. Eyes, Ears, Nose

1. Reinforce Dangers
2. Involuntary Reflex

Discuss how eyes warn person of dangers - also ears.

Opinions of proper distance to watch television

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 3

REINFORCEMENTS

NOTES

Discuss pre-season training purpose in football, baseball, etc.

Health for All - pages 21-27, 76-79

Cut out pictures of athletes

Cut out pictures showing good and bad posture and over-weight and under-weight

Beginning at this age, a child who is over-weight is left out of certain games and activities.

Diagram of a tooth

Health for All - pages 156-159

"Do You?" Dental miniature B44 Posters and Pamphlets - National Dairy Council

Book: "Your Wonderful Teeth" by Schloat, W.

Diagram of formation of a cavity

Have speech teacher discuss the importance of teeth to speaking

Discuss how eyes warn person of dangers - also ears.

Health for All - page 7-20

Opinions of proper distance to watch television

HEALTH EDUCATION GUIDE

CONCEPTS

3. Ear "Popping"; "Noise Pollution"

4. Breathing

E. Health Appraisal

1. Physical Examination by School Doctor

II. NUTRITION

A. Four Food Groups

B. Relation between Physical Activity and Food Consumption

C. Eat Variety of Foods

D. Well Balanced Meal

E. Constipation

III. COMMUNITY HEALTH

A. Pedestrian Safety

B. Playing in the Street

1. Property Damage

REINFORCEMENTS

Discuss ear plugs on radio; loud music

Film: "See Better: Health Eyes"
MCAVA

Have school nurse come to class and explain examination beforehand.

Charts of basic four food groups

Tasting party of various foods

Class' grocery store

Read story "The Perfect Pancake"

Make a menu for the day

Discuss proper vocabulary

Check neighborhood and make map of areas to play other than the street

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 3

GUIDE

REINFORCEMENTS

NOTES

"Noise

Discuss ear plugs on radio; loud music

Health for All, pages 166-167

Film: "See Better: Health Eyes"
MCAVA

Have school nurse come to class and explain
examination beforehand.

Charts of basic four food groups

Health for All - pages 71-75

Tasting party of various foods

Class grocery store

Read story "The Perfect Pancake"

Make a menu for the day

Discuss proper vocabulary

Health for All, Unit #4

Check neighborhood and make map of areas
to play other than the street

HEALTH EDUCATION GUIDE

CONCEPTS

C. School Cleanliness and Safety

IV. FIRST AID AND SAFETY

A. Great Emphasis on Bicycle Safety

B. Specific Rules of Bicycle Safety

C. Bus Safety

D. Seasonal Safety

1. Sliding
2. Ice on Lake may be Thin
3. Icy Road - car skidding

E. Parents to always know where Child Is

F. School Safety

1. In School
2. Going to School

REINFORCEMENTS

Have custodian come in and discuss ways that pupils can help in the halls, gym, office, stairways, bathrooms, playground and at lunchtime.

Ask a patrolman to come to school and discuss bicycle safety.

Film: "Bicycle Safety" MCAVA

Pamphlets: "Bicycle Safety"
 "Check List for Safety"
 both available through National
 Commission of Safety Education

Discuss how "fun" can become dangerous due to negligence

Books: "Safety Can Be Fun" Leaf, Munro

"Let's Find Out About Safety"
 Shapp, Martha

Film: "Playground Safety" MCAVA

Pamphlets: "Practicing Safety in Athletics"
 "A Formula for Child Safety"
 New Jersey Safety Council

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 3

REINFORCEMENTS

NOTES

Have custodian come in and discuss ways that pupils can help in the halls, gym, office, stairways, bathrooms, playground and at lunchtime.

Ask a patrolman to come to school and discuss bicycle safety.

Health for All - Units 3 & 4

Film: "Bicycle Safety" MCAVA

Pamphlets: "Bicycle Safety"
"Check List for Safety"
both available through National
Commission of Safety Education

Discuss how "fun" can become dangerous due to negligence

Books: "Safety Can Be Fun" Leaf, Munro

"Let's Find Out About Safety"
Shapp, Martha

Film: "Playground Safety" MCAVA

Health for All - pages 96-117

Pamphlets: "Practicing Safety in Athletics"
"A Formula for Child Safety"
New Jersey Safety Council

HEALTH EDUCATION GUIDE

CONCEPTS

- G. Identification of Burns
 - 1. First Degree
 - 2. Second Degree
 - 3. Third Degree
- H. Emergencies in the Home - What to Do
 - 1. Broken Bones
 - 2. Bruises
 - 3. Animal Bites
 - 4. Family Illness
- I. House Fire
 - 1. Get Out Of House
 - 2. Call for Help - give name, address, and problem
- J. Medicine
 - 1. See Drug Awareness Guide
- K. School Insurance

REINFORCEMENTS

Discuss correct aid of minor burns

Procedure: Practice of procedure on fellow classmates

"Fire Safety for Teachers in Primary Grades"
National Commission of Safety Education

Show how to put out fire on one's clothing

334-4800 for Police
Fire
Ambulance

Role playing - everyone given a situation and must immediately react for help

Discuss school's program

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 3

REINFORCEMENTS

NOTES

Discuss correct aid of minor burns

Procedure: Practice of procedure on fellow classmates

"Fire Safety for Teachers in Primary Grades"
National Commission of Safety Education

Show how to put out fire on one's clothing

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Fire
Ambulance

Role playing - everyone given a situation and must immediately react for help

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

CONCEPTS

L. Superstition - eg. warts from frogs

V. MENTAL HEALTH

A. Acceptance of Individuals

B. Good Manners

C. Respect Others since they too are human and have same rights as all others.

REINFORCEMENTS

Have children bring in "old wives tales"

List good traits in other students

Set up rules for welcoming a new student

Describe some friends and why they are your friends

Boys

Hea

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 3

REINFORCEMENTS

NOTES

Have children bring in "old wives tales"

List good traits in other students

Set up rules for welcoming a new student

Describe some friends and why they are your friends

Boys this age usually "hate" girls

Health for All - pages 60-63

HEALTH EDUCATION GUIDE

CONCEPTS

I. PERSONAL HEALTH

A. Personal Appearance

1. Cleanliness for Pride

Discuss "good grooming"

Check list of daily grooming

List of grooming aids

Bulletin board with hair styles for boys and girls

Mirror at eye level

Discuss feelings about lack of neatness on self and/or others

Films: "Care of Hair, Skin and Nails" MCAVA
"Care of Skin" MCAVA

B. Activity and Rest

1. Exercise Emphasized

Stress exercise unit in text

2. Rest

a. Helps Repair Tissue

Film: "Sleep for Health" MCAVA

b. Correlates with Exercise

Pamphlets: "A Girl and Her Figure"
"A Boy and His Physique"
National Dairy Council

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 4

REINFORCEMENTS

NOTES

Discuss "good grooming"

Check list of daily grooming

List of grooming aids

Bulletin board with hair styles for boys and girls

Mirror at eye level

Discuss feelings about lack of neatness on self and/or others

Films: "Care of Hair, Skin and Nails" MCAVA
"Care of Skin" MCAVA

Stress exercise unit in text

Film: "Sleep for Health" MCAVA

Pamphlets: "A Girl and Her Figure"
"A Boy and His Physique"
National Dairy Council

Health for All - pages 184-187, 176-179

Definition of Good Grooming:
Cleanliness, neatness, care, and proper
choice of clothing

Health for All - pages 12-13, 70-71,
79-80, 115, 194-196 198

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

- 3. Mind and Body Philosophy
 - a. Healthy rested mind and rested body work well together
 - b. Anxiety can strain both
- 4. Development of Hobbies
- C. Dental Health
 - 1. Study of Tooth Decay
 - 2. Gum Care
 - a. Tartar
 - b. Dentifrice - mouthwash, etc.
 - 3. Relate to Nutrition and Vitamins
- D. Eyes, Ears, Nose
 - 1. The Five Senses-with emphasis on structure

Pupils relate their own experiences and their parents' experiences

Pamphlet: "What Makes a Good Hobby" AMA

Experiment: Place tooth or chicken in vinegar overnight - observe how it becomes soft and rubbery

Discuss dental x-ray and decay

Film: "Dentist in the Classroom" MCAVA

Write: Colgate Professional Service
Department of Information

Pamphlet: "Vitamin Supplements and Their Correct Use" \$.10 AMA

Use magnifying glass to show light refraction

Posters, overhead projector, pupil diagrams, models.

Experiments involving use and lack of use of each of the senses

REINFORCEMENTS

NOTES

Pupils relate their own experiences and their parents' experiences

Pamphlet: "What Makes a Good Hobby" AMA

Experiment: Place tooth or chicken in vinegar overnight - observe how it becomes soft and rubbery

Discuss dental x-ray and decay

Film: "Dentist in the Classroom" MCAVA

Write: Colgate Professional Service
Department of Information

Pamphlet: "Vitamin Supplements and Their Correct Use" \$.10 AMA

Use magnifying glass to show light refraction

Posters, overhead projector, pupil diagrams, models.

Experiments involving use and lack of use of the senses

Health for All -pages 178-183

Health for All - pages 95, 190, 156

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

II. NUTRITION

- A. Relate to Dental Health
- B. Foods have Different Values for Growth and Body Maintenance
- C. Vitamins
- D. Continuance of Basic Four Food Groups

Camera as compared to eye

Book: "Understanding Your Senses; Easy Experiments for Young People"
Gilmour, Ann

Pamphlet: "Nutrition in Tooth Formation and Dental Care" Council on Foods and Nutrition - AMA

Relate to Social Studies - different locales with various food staples
Example:
Rice in Orient
Pasta in Italy

Poverty due to poor agricultural productions and oversupply

Vocabulary list

Scrapbook of large variety of foods

Food tasting party

Review daily lunches

Film: "Eat for Health" MCAVA

Pamphlet "Teaching Nutrition in the Elementary School" AAHPER

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 4

REINFORCEMENTS

NOTES

Camera as compared to eye

Book: "Understanding Your Senses; Easy Experiments for Young People"
Gilmour, Ann

Pamphlet: "Nutrition in Tooth Formation and Dental Care" Council on Foods and Nutrition - AMA

Health for All - Unit 2 - pages 171-17

Relate to Social Studies - different locales with various food staples

Example:
Rice in Orient
Pasta in Italy

Poverty due to poor agricultural productions and oversupply

Vocabulary list

Scrapbook of large variety of foods

Food tasting party

Review daily lunches

Film: "Eat for Health" MCAVA

Pamphlet "Teaching Nutrition in the Elementary School" AAHPER

This is about the time children start to go to the store alone - preparing their own lunches

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

III. COMMUNITY HEALTH

A. Relationship of Themselves to the Community - responsibilities

Have Director of Board of Health come to speak to class on restaurant inspection, diners, etc.: also of local swimming pools and town ordinances; also on water purification

B. Responsibilities of Care on Playground

C. Purification of Foods

1. Milk

a. Pasteurization

b. Homogenization

2. Water Purification

Possible trip to a water purification plant

IV. FIRST AID AND SAFETY

A. Ambulance

1. Purpose

2. Equipment

Invite first aid squad member to come speak to the class

B. Travel Safety

1. Passenger on plane, train, bus, or car

Role playing

Discuss dangers of distracting person operating vehicle of transportation

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 4

REINFORCEMENTS

NOTES

Have Director of Board of Health come to speak to class on restaurant inspection, diners, etc.: also of local swimming pools and town ordinances; also on water purification

Pupils are no longer in primary grades. Use this psychological aspect for emphasis on responsibility.

Possible trip to a water purification plant

Invite first aid squad member to come speak to the class

Role playing

Discuss dangers of distracting person operating vehicle of transportation

Health for All - Unit 6

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

- 2. Seat Belts
- 3. Medication to Prevent Air Sickness and Car Sickness

- Make safety rules for being a passenger
- Relate stories of accidents to carelessness
- Discuss "practical jokes"
- Film: "Your Health at School" MCAVA

C. Swimming Safety

- 1. Buddy System
- 2. Cramps - caused by:
 - a. Swimming too soon after eating
 - b. Sharp change in water temperature
 - c. Muscle spasms

Discuss safe swimming practices

D. Camping

- 1. Use of Camp-Ground Facilities
 - a. Toilet
 - b. Water
- 2. Foods
 - a. Spoilage
 - b. Animals Attracted by Food

Discuss why bears are not to be fed in public parks

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 4

REINFORCEMENTS

NOTES

Make safety rules for being a passenger

Relate stories of accidents to carelessness

Discuss "practical jokes"

Film: "Your Health at School" MCAVA

Discuss safe swimming practices

HEALTH EDUCATION GUIDE

CONCEPTS

- 3. Fire Safety
- 4. Insect Bites
- 5. Animals to be Encountered
- 6. Recognition of Plant Poisoning

E. Stimulants and Depressants

V. MENTAL HEALTH

REINFORCEMENTS

Film: "Safety with Fire" MCAVA

School nurse should show emergency treatment for burns and wounds while camping

Pictures of plants to beware of

See Drug Abuse Guide

See Human Sexuality Guide (pages 23, 24, &26)

Pamphlets: "Mental Health of Children, the Child Program of NIMH" \$.40
National Institute of Mental Health

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 4

REINFORCEMENTS

NOTES

Film: "Safety with Fire" MCAVA

School nurse should show emergency treatment for burns and wounds while camping

Pictures of plants to beware of

See Drug Abuse Guide

See Human Sexuality Guide (pages 23, 24, &26)

Pamphlets: "Mental Health of Children, the Child Program of NIMH" \$.40
National Institute of Mental Health

Health for All - Unit #3

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

I. PERSONAL HEALTH

A. Personal Appearance

1. Grooming Aids

Have each pupil make a personal grooming kit

2. School Health and Attendance

Discuss reasons for being absent

Make reports on absence causes

3. Study of Skin

a. Oil Glands

Use of microscope to study structure of cells

b. Acne

Relate to commercials and slogans to sell products for skin beauty and care

c. Pores

d. "Blackheads and Pimples"

4. Posture

Film: "Posture Habits" MCAVA

Book: "The Girls' Book of Physical Fitness"
Jacobs, Helen

5. Pierced Ears

a. Professionally Done

b. Possible Infection

DE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 5
	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Have each pupil make a personal grooming kit</p> <p>Discuss reasons for being absent</p> <p>Make reports on absence causes</p> <p>Use of microscope to study structure of cells</p> <p>Relate to commercials and slogans to sell products for skin beauty and care</p> <p>Film: "Posture Habits" MCAVA</p> <p>Book: "The Girls' Book of Physical Fitness" Jacobs, Helen</p>	<p style="text-align: center;"><u>NOTES</u></p> <p>Body changes start occurring, particularly in girls.</p> <p><u>Health for All</u> - Unit #3</p> <p><u>Health for All</u> - pages 70 - 100</p> <p><u>Health for All</u> - pages 134-138</p> <p>Girls may slump due to rapid growth and self-consciousness because boys are shorter; also breast development</p>

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HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

B. Activity and Rest

1. Human Sexuality Guide
(bottom half of page 28)

2. Rest

a. Helps Body Repair
Tissue

b. Helps Fight Disease

Record hours of sleep in a week

C. Dental Health

1. Braces

Have school nurse discuss braces

2. Mouth Injuries

Visit from local orthodontist

3. Awareness of Diseases of
Mouth - example :
Gingivitis (abscess)

Discuss why people have different types of teeth

List advantages of healthy teeth

Pamphlet: "Teaching Dental Health in the
Elementary School" \$.75 AAHPER

D. Eyes, Ears, Nose

1. Function of Senses

List function of each sense

Pictures of senses in action

Press fingers gently along bony structure into
which eyeball fits and write report on protection
of the eyes

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 5

REINFORCEMENTS

NOTES

Guide
(page 28)

Health for All - pages 130-133

Repair

Record hours of sleep in a week

Disease

Have school nurse discuss braces

Health for All - pages 167-176

Visit from local orthodontist

Diseases of
teeth:
(Lesson)

Discuss why people have different types of teeth

List advantages of healthy teeth

Pamphlet: "Teaching Dental Health in the
Elementary School" \$.75 AAHPER

Senses

List function of each sense

Pictures of senses in action

Press fingers gently along bony structure into
which eyeball fits and write report on protection
of the eyes

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

- 2. Nose Bleeds
 - a. Causes
 - b. Correction of
- 3. Understand Audiometer

Note reflex action of eye lids

Book: "You and Your Senses" Schmeider, Leo

Films: "Your Eyes"
"Hear Better: Healthy Ears:
 MCAVA

Book: "Why Glasses" Sands, George

Have school nurse bring audiometer to classroom and explain its function

Book: "How We Hear, the Story of Hearing"
 Fryer, Judith

II . NUTRITION

- A. Refer to Human Sexuality Guide (top half of page 28)

Booklets: "School Lunch" 10¢
 National Dairy Council
 "How Your Body Uses Food" 25¢
 National Dairy Council

III. COMMUNITY HEALTH

- A. Sanitation

- 1. Sewage

Reports on local sewage systems

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 5

REINFORCEMENTS

NOTES

Note reflex action of eye lids

Book: "You and Your Senses" Schneider, Leo

Films: "Your Eyes"

"Hear Better: Healthy Ears:
MCAVA

Book: "Why Glasses" Sands, George

Have school nurse bring audiometer to classroom
and explain its function

Book: "How We Hear, the Story of Hearing"
Fryer, Judith

Booklets: "School Lunch" 10¢
National Dairy Council
"How Your Body Uses Food" 25¢
National Dairy Council

Health for All - pages 148-187

HEALTH EDUCATION GUIDE

CONCEPTS

- 2. Garbage Disposal
- 3. Littering
 - a. Personal Pride
 - b. Illegal
- B. Tuberculosis
 - 1. Heaf Testing
 - 2. Understanding and History of the Disease
- C. Insect Control
 - 1. Mosquitoes
 - 2. Gypsy Moths
 - 3. DDT and Insecticides
- D. Bacteria
 - 1. Helpful
 - 2. Harmful
- E. Animal Protection

REINFORCEMENTS

- Reports on local garbage disposal
- Investigate legal aspects of littering
- School nurse discuss Heaf Testing procedure
- Debate: Pros and Cons of Insecticides
- Books: "Shots Without Guns, the Story of Vaccination: Riedman, Sarah
"Medicine for Microbes, The Story of Antibiotics" Williams, Beryl
- Invite local veterinarian
- Invite local dog warden

DE PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 5

REINFORCEMENTS

NOTES

Reports on local garbage disposal

Investigate legal aspects of littering

History School nurse discuss Heaf Testing procedure

Heaf Test is done on fifth graders.

es Debate: Pros and Cons of Insecticides

Books: "Shots Without Guns, the Story of Vaccination: Riedman, Sarah
"Medicine for Microbes, The Story of Antibiotics" Williams, Beryl

Invite local veterinarian

Health for All - pages 224-237

Invite local dog warden

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

IV. FIRST AID AND SAFETY

A. Bicycle Safety

Bicycle inspection

B. Recreational Safety

"Fire Prevention in the Home"
"Safety with Fire"

MCAVA

C. Strangers

1. Offering Goods

Discuss procedure to report someone attempting to pick up a child in a car

2. Hitch Hiking

D. First Aid Techniques

1. Know First Aid Kit Equipment

See school nurse

2. Splints

Apply splints to fellow classmates

3. Bleeding

Show pressure points

E. Special Occasion Safety

Examples:

Halloween - Trick or Treat

July 4th - Firecrackers

Christmas - Tree Fires

F. Care of Ill Person

1. Diet

List some chores that must be done if Mother, Father, Sibling, etc, is ill

2. Surroundings

Discuss budgeting of time to do all chores involved

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 5

REINFORCEMENTS

NOTES

Bicycle inspection

Check with local police, re: Bicycle
Inspection

"Fire Prevention in the Home"

"Safety with Fire"

MCAVA

Health for All - Unit 7

Discuss procedure to report someone attempting
to pick up a child in a car

See school nurse

Apply splints to fellow classmates

Show pressure points

Examples:

Halloween - Trick or Treat

July 4th - Firecrackers

Christmas - Tree Fires

List some chores that must be done if Mother,
Father, Sibling, etc, is ill

Discuss budgeting of time to do all chores involved

HEALTH EDUCATION GUIDE

CONCEPTS

3. Protection of Others from Catching the Disease

- a. Cleanliness
- b. No Sharing

V. MENTAL HEALTH

- A. See Human Sexuality Guide (pages 27 and 29)

VI. STIMULANTS AND DEPRESSANTS

A. Cigarettes

B. Tea, Coffee, Coke

- 1. All are Stimulants
- 2. Habit Forming
- 3. See Drug Abuse Guide

C. Alcohol

- 1. See Drug Abuse Guide

REINFORCEMENTS

Discuss administration of medicine

Books: "Karen Gets a Fever" Gilbert, Miriam
"Student Nurse, Her Life in Pictures"
Engleman, Jack

Film: "Smoke Anyone" MCAVA

Filmstrip: "Smoking and Health"
New Jersey Department of Health

Discuss advantages of milk, cocoa, fruit juice over coffee, tea, or coke

PARSIPPANY TROY HILLS TOWNSHIP SCHOOLS

GRADE 5

REINFORCEMENTS

NOTES

Discuss administration of medicine

Books: "Karen Gets a Fever" Gilbert, Miriam
"Student Nurse, Her Life in Pictures"
Engleman, Jack

Health for All - pages 254-262

Film: "Smoke Anyone" MCAVA

Filmstrip: "Smoking and Health"
New Jersey Department of Health

Health for All - pages 192-219

Discuss advantages of milk, cocoa, fruit juice
over coffee, tea, or coke

Health for All - pages 217-218

HEALTH EDUCATION GUIDE

CONCEPTS

I. PERSONAL HEALTH

A. Personal Appearance

1. Cleanliness
 - a. (Because of body changes must change clothes often, especially underwear)
2. Use of deodorants
3. Make-up and Beauty Aids
 - a. Pros
 - b. Cons
4. Hair Grooming
 - a. Coloring
 - b. Hair-Spray (dangers)

B. Activity and Rest

1. See Human Sexuality Guide (bottom half of page 30)
2. Stress Obesity as Affecting Emotional Life

REINFORCEMENTS

Discuss what the words "good grooming" mean:

- a. cleanliness
- b. neatness
- c. care and proper choice of clothing

Make a check list of daily grooming

Discuss false advertising

Book: "Better Physical Fitness for Girls"
Jacobs, Helen

Tell and write stories about activities before going to bed

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 6

REINFORCEMENTS

NOTES

Discuss what the words "good grooming" mean:

- a. cleanliness
- b. neatness
- c. care and proper choice of clothing

Make a check list of daily grooming

Discuss false advertising

Book: "Better Physical Fitness for Girls"
Jacobs, Helen

Health for All - Unit 5

Tell and write stories about activities before going to bed

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

CONCEPTS

3. Evaluate Why We Need Activity
4. Rest to Fight Disease
5. Rest Improves Appearance

C. Dental Health

1. Bad Breath
2. Stress the Second Set of Teeth is the Last Set
3. Floridation
 - a. Pros
 - b. Cons

D. Eyes, Ears, Nose

1. Eye Make-up
 - a. Care Used
 - b. No Sharing
 - c. Cleanliness

REINFORCEMENTS

Have pupils tell about television programs they watch before bedtime and how appropriate

Have pupils make a 24 hour schedule of their own activities and rest periods

Research on bacteria as it effects the teeth

Demonstration of gum care

Debate and discussion on arguments for and against floridation

Discussion: "A Picture is Worth Ten Thousand Words"
(using vision as a channel for learning)

Book: "Wonder of Your Senses"
Cosgrove, Margaret

REINFORCEMENTS

NOTES

Have pupils tell about television programs they watch before bedtime and how appropriate

Have pupils make a 24 hour schedule of their own activities and rest periods

Research on bacteria as it effects the teeth

Demonstration of gum care

Debate and discussion on arguments for and against fluoridation

Discussion: "A Picture is Worth Ten Thousand Words"
(using vision as a channel for learning)

Book: "Wonder of Your Senses"
Cosgrove, Margaret

Health for All - pages 118 - 120

HEALTH EDUCATION GUIDE

CONCEPTS

- 2. Explanation of Vision Test Procedure
- 3. Eye Doctors
 - a. Ophthalmologist
 - b. Optometrist
 - c. Optician
- 4. Color Blindness
 - a. Hereditary Effect
 - b. Effect on Certain Vocations
- E. Health Appraisal
 - 1. Physical by school physician
 - 2. Difference in Growth Pattern between Boys and Girls at this age

II. NUTRITION

- A. Vitamins
 - 1. Importance to Health
 - 2. Body Needs

REINFORCEMENTS

Have school nurse bring in vision tester and explain

Film: "Your Eyes" MCAVA

Cross reference to Human Sexuality Guide (bottom half of page 32)

Have school nurse explain physical examination before physician arrives

Make a class chart showing how many inches the girls grow and how many inches the boys

"Teaching Nutrition in the Elementary School"
NEA Publications

"Facts About Nutrition"
Public Health Service #72 15¢

GUIDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 6
<p>of Vision re</p> <p>ologist</p> <p>rist</p> <p>ss</p> <p>ry Effect</p> <p>Certain s</p> <p>chool</p> <p>Growth en Boys and age</p> <p>Health</p>	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Have school nurse bring in vision tester and explain</p> <p>Film: "Your Eyes" MCAVA</p> <p>Cross reference to Human Sexuality Guide (bottom half of page 32)</p> <p>Have school nurse explain physical examinations before physician arrives</p> <p>Make a class chart showing how many inches the girls grow and how many inches the boys grow</p> <p>"Teaching Nutrition in the Elementary School" NEA Publications 40¢</p> <p>"Facts About Nutrition" Public Health Service #72 15¢</p>	<p style="text-align: center;"><u>NOTES</u></p> <p style="text-align: right;">Health for All -pages 156-163</p>



HEALTH EDUCATION GUIDE

CONCEPTS

B. Sun

1. Stimulant for Body
Production of Vitamin D

C. Nutrition and its Relationship
to Skin Care

D. Dieting

1. Proper way is healthy
2. Improper way is dangerous

III. COMMUNITY HEALTH

A. Food and Drug Administration

B. Diseases

1. Non-communicable
 - a. Diabetes
 - b. Rheumatic Fever
 - c. Epilepsy
 - d. Cystic Fibrosis
 - e. Cerebral Palsy
 - f. Arthritis

REINFORCEMENTS

Discuss why fatty foods cause acne

Discussion of some diets that are popular,
their good points and bad points

Food charts

Refer to Drug Abuse Guide

Book: "Conquest of Disease, the Challenge of
Your Life" Martin, Lealon

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 6

REINFORCEMENTS

NOTES

Discuss why fatty foods cause acne

Discussion of some diets that are popular,
their good points and bad points

Food charts

Refer to Drug Abuse Guide

Health for All - Unit #2

Book: "Conquest of Disease, the Challenge of
Your Life" Martin, Lealon

HEALTH EDUCATION GUIDE

CONCEPTS

- g. Cancer
- h. Allergies

- C. Emergency Procedures to Get Help

IV. CONSUMER HEALTH

- A. Medical Insurance as Financial Precaution
- B. Hospital Behavior
 - 1. As Patient
 - 2. As Visitor

V. FIRST AID AND SAFETY

- A. Shock
 - 1. Definition
 - 2. First Aid Procedure
- B. Importance of First Aid

REINFORCEMENTS

Film: "Allergies" MCAVA

Pamphlets: "Allergies" 10¢
"Allergies from the Air" 15¢
AMA

Discuss what to do if a member of the family becomes ill

Role playing

Book: "Your Hospital, A Modern Miracle"
Cosgrove, Margaret

Discuss reasons for good behavior in hospital

Filmstrip: "First Aid for Bleeding and Shock"

HEALTH EDUCATION GUIDE

CONCEPTS

C. Accident Prevention in the Home

1. Guns, etc.
2. Mini Bikes
3. Electrical Equipment and Appliances

D. Sun

1. Dangers
 - a. Skin
 - b. Eyes
2. Sun Lamps

E. Safety Patrol

F. Application of First Aid Principles

VI. MENTAL HEALTH

A. Responsible Social Behavior

B. Need for Variety of Social Activities

VII. STIMULANTS AND DEPRESSANTS

REINFORCEMENTS

Film: "Fire Prevention in the Home" MCAVA

Discuss ruined vacations due to sunburn

Do research on pros and cons of sunglasses

Purpose of safety patrol - discuss (a) responsibilities patrol member has and (b) responsibility student has.

Practice on each other

See Human Sexuality Guide Page 30

See Drug Abuse Guide

DE PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 6

REINFORCEMENTS

NOTES

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ent and

Film: "Fire Prevention in the Home" MCAVA

Discuss ruined vacations due to sunburn

Do research on pros and cons of sunglasses

Purpose of safety patrol - discuss (a) responsibilities patrol member has and (b) responsibility student has.

d

Practice on each other

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See Human Sexuality Guide Page 30

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See Drug Abuse Guide

Health for All - Pages 196-199

CONCEPTS

I. PERSONAL HEALTH

A. Nutrition

1. Review Basic Four
2. Cafeteria
 - a. Choice of Food
 - b. Conduct in Cafeteria
 - c. Financial Consideration in Cafeteria
 - d. Snack Line vs. Hot Food Line
3. Dental Consideration from Snack Line

B.

1. Attitude
 - a. Showering
 - b. Changing Clothes
 - c. Respect for Individuals
 - 1) Growth
 - 2) Body Differences
 - 3) Pride in Grooming
 - 4) Shy Student

REINFORCEMENTS

Visit cafeteria

Speak with dietician

Plan weekly menu

List rules and guide lines

Discuss irregular eating habits and sweets

Book: "Nutrition, Science, and You"
Mickelsen, Olaf

Film: "Its Your Health" MCAVA 15 minutes

Discuss different attitudes people have about undressing in front of others

	<p>PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS</p>	<p>100</p> <p>GRADE 7</p>
<p>ria</p> <p>ration</p> <p>t</p> <p>uals</p> <p>es</p> <p>ing</p>	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Visit cafeteria</p> <p>Speak with dietician</p> <p>Plan weekly menu</p> <p>List rules and guide lines</p> <p>Discuss irregular eating habits and sweets</p> <p>Book: "Nutrition, Science, and You" Mickelsen, Olaf</p> <p>Film: "Its Your Health" MCAVA 15 minutes</p> <p>Discuss different attitudes people have about undressing in front of others</p>	<p style="text-align: center;"><u>NOTES</u></p> <p>This unit should be started as soon as possible after school starts. This is the first exposure these students have had to a school cafeteria.</p>

HEALTH EDUCATION GUIDE

CONCEPTS

- 2. Safety Feature

- 3. Personal Things to Keep in Locker
 - a. Deodorant
 - b. Comb, etc.

REINFORCEMENTS

Discuss dangers encountered in locker room area
Use safety knowledge to overcome safety hazards
List of hazards in locker room area

Pamphlet: "What to Expect from Your Deodorant"
AMA 10¢

II. RAP SESSION

III. DRUG AWARENESS

- A. Alcohol and Smoking Emphasized

See Drug Awareness Guide

IV. DRUG AWARENESS

- A. Stimulants and Depressants Emphasized

See Drug Awareness Guide

V. HUMAN SEXUALITY emphasis on:

- A. Family as Basic Unit

See Human Sexuality Guide (page 35)

- B. Social Development of Teenager

See Human Sexuality Guide (bottom half of page 37)

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 7

REINFORCEMENTS

NOTES

Discuss dangers encountered in locker room area

Use safety knowledge to overcome safety hazards

List of hazards in locker room area

Pamphlet: "What to Expect from Your Deodorant"
AMA 10¢

See Drug Awareness Guide

See Drug Awareness Guide

See Human Sexuality Guide (page 35)

See Human Sexuality Guide (bottom half of page
37)

A rap session in student jargon is simply an opportunity for them to discuss any topic that is temporarily timely, or concerns them at the moment.

Known topics in this area are involvement with drugs, problems associated with maturation, social behavior, etc.

CONCEPTS

VI. HUMAN SEXUALITY - THE INDIVIDUAL

VII. GROOMING

A. Stress on Appearance

1. Skin Disorders
 - a. Acne
 - b. Dandruff
 - c. Athletes Foot
 - d. Eczema
 - e. Warts
 - f. Impetigo, etc.

2. Proper Dress

B. Activity and Rest

1. Time Budgeting

C. Dental Health

1. Bad Breath
2. Tooth Brushing

Continue Review

REINFORCEMENTS

See Human Sexuality Guide (pages 36-38)

Pamphlet: "Feminine Shaving Practices" AMA 10¢

Pamphlets: "Something Can Be Done About Acne" AMA 10¢
 "A Dermatologist Talks About Warts" AMA 10¢
 "Psoriasis; Scaling Disease" AMA 10¢

Discuss how time requirements differ from the elementary level to the junior high school level.

Films: "Dental Health: How and Why" MCAVA 10 minutes
 "Save Those Teeth" MCAVA 10 minutes

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

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GRADE 7

REINFORCEMENTS

NOTES

See Human Sexuality Guide (pages 36-38)

Pamphlet: "Feminine Shaving Practices" AMA 10¢

Pamphlets: "Something Can Be Done About Acne"
AMA 10¢
"A Dermatologist Talks About Warts"
AMA 10¢
"Psoriasis; Scaling Disease" AMA
10¢

Discuss how time requirements differ from
the elementary level to the junior high school
level.

Films: "Dental Health: How and Why" MCAVA
10 minutes
"Save Those Teeth" MCAVA 10 minutes

HEALTH EDUCATION GUIDE

CONCEPTS

D. Safety in Dress

1. Socks with Shoes
2. Sandals
3. Pierced Ears
4. Frequent Hair Washing
5. Ingrown Toe Nails
6. Writing on Arms and Hands

VIII. FIRST AID AND VENEREAL DISEASE

A. First Aid

1. Home Accidents
 - a. Emergency Call
 - b. Fire
 - c. Falls
 - d. Poisons
 - 1) Drinkable
 - 2) Breathable
(Carbon Monoxide)

REINFORCEMENTS

List some dangers of dress habits if precautions are not used as sandals and toe stubbing

Research on how tatoos are made

Pamphlets: "Home Health Emergencies"
Equitable Life Assurance Society
"When the Unexpected Happens"
John Hancock, Mutual Life
Conservation Service Insurance
"Accident Facts"
National Safety Council
"Danger Lurks"
AMA 10¢

Film: "First Aid on the Spot" 10 min. MCAVA

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 7

REINFORCEMENTS

NOTES

List some dangers of dress habits if precautions are not used as sandals and toe stubbing

Research on how tatoos are made

Pamphlets: "Home Health Emergencies"
Equitable Life Assurance Society
"When the Unexpected Happens"
John Hancock, Mutual Life
Conservation Service Insurance
"Accident Facts"
National Safety Council
"Danger Lurks"
AMA 10¢

Film: "First Aid on the Spot" 10 min. MCAVA

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

B. Venereal Disease

1. Syphilis
2. Gonorrhea
3. Indentification
4. Treatment

REINFORCEMENTS

Group Discussion

See: "Teacher's Reference Guide"
"Venereal Disease"
New Jersey State Department of Health
1968

Film: "1/4 Million Teenagers"

One
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GUIDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 7
	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Group Discussion</p> <p>See: "Teacher's Reference Guide" "Venereal Disease" New Jersey State Department of Health 1968</p> <p>Film: "1/4 Million Teenagers"</p>	<p style="text-align: center;"><u>NOTES</u></p> <p>One day of Unit VIII is to be used for Venereal Disease</p>

HEALTH EDUCATION GUIDE

CONCEPTS

- e. Electricity
- f. Animal and Insect Bites
- g. Burns
- h. Cuts
- 2. School Accidents
 - a. To and From
 - 1) Bikes
 - 2) Bus
 - 3) Seasonal Hazards
 - b. Stairways
 - c. Corridors
 - d. Gym
 - e. "Practical Jokes"
 - 1) Tacks
 - 2) Tripping someone, etc.

REINFORCEMENTS

List areas in the school that could be potential accident areas

How can these potential hazards be eliminated?

Pamphlet: "Total Fitness and Prevention of Accidents" AAHPER

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 7

REINFORCEMENTS

NOTES

List areas in the school that could be potential accident areas

How can these potential hazards be eliminated?

Pamphlet: "Total Fitness and Prevention of Accidents" AAHPER

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

I. PERSONAL HEALTH

A. Good Grooming

1. Beauty Aids
2. Hair Grooming
3. Hair Removal

Have Avon lady and barber in to demonstrate on students (both for boys and girls)

AMA Pamphlets: "Color Hair Beautiful" 10¢
 "Excess Hair - Common Problem for Women" 15¢

Book: "A Teenagers Guide to Healthy Skin and Hair" by Lubowe, Irwin

B. Appropriateness of Dress

1. School
2. Date
3. Shopping

C. Sleep

1. Relaxation
2. Dreams

Discuss role of dreams in sleep

D. Effects of the Sun

AMA Pamphlets: "Case of the Sunburned Mannequins" 10¢
 "Sunlight and the Skin" 15¢

E. Care of Common Cold

Film: "Common Cold" MCAVA 11 minutes

Pamphlet: "Old King Cold" AMA 10¢

F. Body Types

Draw pictures of body types; classify their own body types

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 8

REINFORCEMENTS

NOTES

Have Avon lady and barber in to demonstrate on students (both for boys and girls)

AMA Pamphlets: "Color Hair Beautiful" 10¢
"Excess Hair - Common Problem for Women" 15¢

Book: "A Teenagers Guide to Healthy Skin and Hair" by Lubowe, Irwin

Discuss role of dreams in sleep

AMA Pamphlets: "Case of the Sunburned Mannequins" 10¢
"Sunlight and the Skin" 15¢

Film: "Common Cold" MCAVA 11 minutes

Pamphlet: "Old King Cold" AMA 10¢

Draw pictures of body types; classify their own body types

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

II. NOISE POLLUTION

- A. Decibels
- B. Dangers from
 - 1. Music too Loud
 - 2. City Noises
 - 3. Jets
- C. Relation to Anxiety and Stress
- D. Structural Damage to the Ear
- E. Noise as a Factor
 - 1. Psychological Disorders
 - 2. Causes of Accidents
 - 3. Physiological Disorders

Define Decibels

Define frequency as it pertains to sound

Pamphlet: "What to do When Hearing Fades"
AMA 10¢

Discuss role of industry to prevent anxiety from noise

Discuss differences in individual responses to sound (example: chalk squeak); also discuss animal vs. human responses

More unwanted sounds in winter or summer?

Discuss contribution of noise to hearing loss, emotional tensions, cardio-vascular problems, adrenal gland stimulation, stomach upset, fatigue, reduced work efficiency, inhibition of normal development in infants

Evaluate use of sirens

Discuss safe and unsafe levels of sound

REINFORCEMENTS

NOTES

Define Decibels

Definition of noise: unwanted sound

Define frequency as it pertains to sound

Pamphlet: "What to do When Hearing Fades"
AMA 10¢

Discuss role of industry to prevent anxiety from noise

Discuss differences in individual responses to sound (example: chalk squeak); also discuss animal vs. human responses

More unwanted sounds in winter or summer?

Discuss contribution of noise to hearing loss, emotional tensions, cardio-vascular problems, adrenal gland stimulation, stomach upset, fatigue, reduced work efficiency, inhibition of normal development in infants

Evaluate use of sirens

Discuss safe and unsafe levels of sound

HEALTH EDUCATION GUIDE

CONCEPTS

F. Man uses Sound for Certain Purposes

III. STIMULANTS AND DEPRESSANTS

IV. ALCOHOL AND SMOKING

V. SOCIAL ASPECTS OF DATING:
Living in Our Society, etc.

VI. GROWTH AND REPRODUCTION

VII. RAP SESSION

VIII. EXERCISE AND EFFECT ON THE
BODY

A. Posture

1. Appearance

2. Values

REINFORCEMENTS

Discuss use of sound to:

1. Soothe
2. Irritate.
3. Confuse
4. Condition

Discuss use of sound in competition, war, medicine

See Drug Abuse Guide

See Drug Abuse Guide

See Human Sexuality Guide (page 39, 40 and
top half of 41)

See Human Sexuality Guide (bottom of page 41,
and pages 42, 43)

Pamphlet: "ABC's of Perfect Posture" AMA 20¢

Films: "Posture and Exercise" MCAVA 11 min.
"Fitness is a Family Affair" MCAVA
19 min.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 8

REINFORCEMENTS

NOTES

Discuss use of sound to:

1. Soothe
2. Irritate.
3. Confuse
4. Condition

Discuss use of sound in competition, war, medicine

See Drug Abuse Guide

See Drug Abuse Guide

See Human Sexuality Guide (page 39, 40 and top half of 41)

See Human Sexuality Guide (bottom of page 41, and pages 42, 43)

For explanation of Rap Session see Grade 7, page 45, under Notes.

Pamphlet: "ABC's of Perfect Posture" AMA 20¢

Films: "Posture and Exercise" MCAVA 11 min.
"Fitness is a Family Affair" MCAVA 19 min.

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

- B. Muscles
 - 1. Types
 - a. Striated
 - b. Smooth
 - c. Cardiac
 - 2. Usage
- C. Desire and Need for Exercise
 - 1. Active Muscles
 - 2. Inactive Muscles
 - 3. Dangers of Inactivity
 - 4. Muscle Tone
- D. Values of Exercise
- E. Factors that Affect Quantity of Needed Exercise
 - 1. Youth and Age
 - 2. Sex
 - 3. Occupation
 - 4. Physical and Mental Condition

Drawings and discuss use of each type of muscle

Discuss perspiration as a cooling system

Pamphlets: "Height and Weight Folder for Boys"
"Height and Weight Folder for Girls"
AMA 10¢ each

GRADE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 8
	<u>REINFORCEMENTS</u>	<u>NOTES</u>
Exercise	<p>Drawings and discuss use of each type of scale</p> <p>Discuss perspiration as a cooling system</p>	
Quantity of	<p>Paraphlets: "Height and Weight Folder for Boys" "Height and Weight Folder for Girls" AMA 10¢ each</p>	
Total		

HEALTH EDUCATION GUIDE

CONCEPTS

F. Choice of Exercise

1. Desirability
2. Wholesomeness
3. Dancing
4. Gymnastics and Calisthenics
5. Apparatus and Formal Exercise
6. Competitive Sports between the United States and European Countries
7. Value of Carryover and Maintenance
8. Dangers of Weight Lifting for Boys

G. Weight Control

REINFORCEMENTS

Make list of activities involved in each of these areas

Book: "Pushups and Pinups; Diet, Exercise, and Grooming for Young Teenagers"
Bendick, Jeanne

Pamphlets: "Physical Fitness" AMA 10¢
"Exercise and Fitness" AMA 10¢
"Seven Paths to Fitness" AMA 10¢

AMA Pamphlets: "Can Food Make the Difference?" 10¢
"Healthy Way to Weigh Less" 10¢
"Your Age and Your Diet" 15¢
"Operation - Diet Right" 20¢

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 8

REINFORCEMENTS

NOTES

Make list of activities involved in each of these areas

Book: "Pushups and Pinups; Diet, Exercise, and Grooming for Young Teenagers"
Bendick, Jeanne

Pamphlets: "Physical Fitness" AMA 10¢
"Exercise and Fitness" AMA 10¢
"Seven Paths to Fitness" AMA 10¢

AMA Pamphlets: "Can Food Make the Difference?"
10¢
"Healthy Way to Weigh Less"
10¢
"Your Age and Your Diet"
15¢
"Operation - Diet Right"
20¢

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

I. IMPORTANCE OF HEALTH

A. Meaning of Health

1. Define "Health"
2. Define "Ill Health"
3. Health is Physical and Psychological
4. Advantages of Good Health
5. Health Study Results
 - a. Life Span Lengthened
 - b. Science Discoveries
 - c. Medicine
 - d. Standard of Living
6. Death Causes
7. Health Maintenance
 - a. Hygiene Laws Followed

Discussion: "What Is Health?" "What Constitutes Health?"

Give desirable health rules

List why a person wants to be healthy

Give some examples of ill health

Write a brief paper on why you feel knowledge of health factors will help you to live a more healthy life

Pamphlets: "Health Goals for Youth"
 Metropolitan Life Insurance
 "First Steps in Health Education"
 Metropolitan Life Insurance
 "Emergency Medical ID Card"
 OP 2 10¢ AMA
 "Emergency Medical ID Symbol"
 HE 89 10¢ AMA
 "Why Health Education" 15¢ AMA

II. NUTRITION

A. Food Requirements

1. Why We Eat

Film: "Food the Color of Life"
 4-1242 County Film Library

REINFORCEMENTS

NOTES

Discussion: "What Is Health?" "What Constitutes Health?"

Give desirable health rules

List why a person wants to be healthy

Give some examples of ill health

Write a brief paper on why you feel knowledge of health factors will help you to live a more healthy life

Pamphlets: "Health Goals for Youth"
Metropolitan Life Insurance
"First Steps in Health Education"
Metropolitan Life Insurance
"Emergency Medical ID Card"
OP 2 10¢ AMA
"Emergency Medical ID Symbol"
HE 89 10¢ AMA
"Why Health Education" 15¢ AMA

Film: "Food the Color of Life"
4-1242 County Film Library

HEALTH EDUCATION GUIDE

CONCEPTS

- 2. Care Necessary in Food Selection
- 3. Hunger and Appetite
- B. Food Transferred into Tissue and Activity
 - 1. Nutrition
 - 2. Nutrients
 - 3. Assimilation
 - 4. Metabolism
- C. Foods that Produce Heat and Energy
 - 1. Source of Heat and Energy Giving Foods
 - 2. Food Values
 - 3. Calories
- D. Foods that Build the Body
 - 1. Proteins
 - 2. Digestion and Assimilation of Proteins
 - 3. Sources of Protein

REINFORCEMENTS

- Make a food requirement chart
- Chart of glands' effect on digestion
- List fuel foods - be specific
- Individual reports
- Food and drug administration
- Research being done on food today
- Packaging and preserving foods covered by discussion and reports
- Discuss role of protein
- Consider seasonings
- Discuss effective cooking methods to preserve, for palatability, etc.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 9

REINFORCEMENTS

NOTES

Make a food requirement chart

Chart of glands' effect on digestion

List fuel foods - be specific

Individual reports

Food and drug administration

Research being done on food today

Packaging and preserving foods covered by discussion and reports

Discuss role of protein

Consider seasonings

Discuss effective cooking methods to Preserve, for palatability, etc.

HEALTH EDUCATION GUIDE

CONCEPTS

4. Protein Needs

E. Minerals

F. Vitamins

III. ALIGNMENT OF HUMAN MACHINE -
POSTURE

A. Types

1. Functional

2. Anatomical

B. Defects

1. Lordosis

2. Kyphosis

3. Sclerosis

C. Other Conditions

1. Knock Knees

2. Bowleg

3. Flat Feet

a. Arches

REINFORCEMENTS

State reasons for desiring good posture

Explain how ill fitting shoes affect posture

Discuss poor posture, corrective physical education, and muscle tone

Demonstrate through pictures and diagrams physical defects

IDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 9

REINFORCEMENTS

NOTES

MACHINE -

State reasons for desiring good posture

Explain how ill fitting shoes affect posture

Discuss poor posture, corrective physical education, and muscle tone

Demonstrate through pictures and diagrams physical defects

CONCEPTS

- D. Causes
- E. Effects
- F. Correction
 - 1. Re-education of Muscles through Special Exercises
 - 2. Operation
- G. Maintenance

IV. HABITS, FORMATION OF

- A. Value of Habits
 - 1. Tools used for Health, Happiness, and Efficiency
 - 2. Can Conserve Time, Strength, Material Resources
 - 3. Ability to See Good Habits in Others
 - 4. Unhappy Person generally has not cultivated Good Habits
 - 5. Education is establishing Good Habits
 - 6. Success is Related to Good Habits

REINFORCEMENTS

Discussion

<p>IDE</p>	<p>PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS</p>	<p>128</p> <p>GRADE 9</p>
<p>scles rcises</p> <p>th, ciency</p> <p>e,</p> <p>Habits</p> <p>erally Good</p> <p>ishing</p> <p>to ERIC Full text provided by ERIC</p>	<p><u>REINFORCEMENTS</u></p> <p>Discussion</p>	<p><u>NOTES</u></p>

CONCEPTS

- B. Forming Habits
1. Behavior Depends on Habit
 2. Once Established, Performance Usually Satisfying
 3. Social Approval of Good Habits
 4. Some Habits Approved of by Society may be Detrimental
 - a. Smoking
 - b. Alcohol
 - c. Medication
 5. Young Person Easily Forms Habits
 6. Easier to Make A New Habit than Destroy an Old One
- C. Personal Health Habits
1. Activity and Inactivity
 - a. Two Forms of Activity

1) Work

REINFORCEMENTS

Examples of types of habits and how they influence us

Make a list of desirable and undesirable habits you have

Attempt to see self's habits as if looking through the eyes of another at yourself

Develop self-evaluation test

Sociogram

130

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GUIDE

GRADE 9

REINFORCEMENTS

NOTES

on Habit

Examples of types of habits and how they influence us

ually

Make a list of desirable and undesirable habits you have

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Attempt to see self's habits as if looking through the eyes of another at yourself

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Develop self-evaluation test

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HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

- a) Usefulness
- b) Fatigue
- c) Variety
- d) Idleness
- e) Retirement
- 2) Play
 - a) Importance
 - b) Leisure Time
- b. Two Forms of Inactivity
 - 1) Rest
 - a) Necessity
 - b) Ways
 - 2) Sleep
 - a) Necessity
 - b) Requirements
 - ... age level
 - ... natural occurrence
 - ... conditions and quarters

Discuss Pros and Cons of habits

Group discussions

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

V. DRUG AWARENESS

A. Alcohol and Smoking

Pamphlet: "Medicines and How to Use Them"
OP 63 10¢

See Drug Awareness Guide

VI. EMOTIONAL MATURITY

Refer to Human Sexuality Guide (pages 44-45)

VII. SOCIAL AND SEXUAL ASPECTS
OF THE MATURING TEEN-AGER

Refer to Human Sexuality Guide (pages 46 - 48)

VIII. RAP SESSION

N GUIDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 9
ing TY ASPECTS EEN-AGER	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Pamphlet: "Medicines and How to Use Them" OP 63 10¢</p> <p>See Drug Awareness Guide</p> <p>Refer to Human Sexuality Guide (pages 44-45)</p> <p>Refer to Human Sexuality Guide (pages 46 - 48)</p>	<p style="text-align: center;"><u>NOTES</u></p> <p>For explanation of Rap Session see Grade 7, page 45, under Notes.</p>

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

I. RAP SESSION

II. COMMON COMMUNICABLE DISEASES

A. Natural Body Defenses

1. First Line of Defense
2. Second Line of Defense

B. Immunization

1. Natural
2. Acquired
 - a. Active
 - b. Passive
3. For Foreign Travel

C. Isolation and Quarantine

D. Antibiotics

1. Wonder Drug

Discuss ways of prevention and control of communicable diseases

Pamphlet: "Blood Tests" OP59 AMA 10¢

Films: "Another to Conquer" (Tbc)
4-1052 MCAVA
"Good-bye Mr. Germ" (Tbc)
4-1054 MCAVA

Pamphlets: "Immunization" OP19 10¢ AMA
"Tetanus - Second Deadliest Poison"
OP18 15¢ AMA
"Medicines and How to Use Them"
OP63 10¢ AMA
"Your Health Examination"
OP3 10¢ AMA
"Why Wait" Comp - 79 10¢ AMA
"Safeguarding the Health of an
Athlete" HE 125 15¢ AMA

Films: "Art of Detection"
"Point of View"
Northwest Area Tuberculosis and
Health Association

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 10

REINFORCEMENTS

NOTES

For explanation of Rap Session
see Grade 7, page 45, under
Notes.

Discuss ways of prevention and control of
communicable diseases

Pamphlet: "Blood Tests" OP59 AMA 10¢

Films: "Another to Conquer" (Tbc)
4-1052 MCAVA
"Good-bye Mr. Germ" (Tbc)
4-1054 MCAVA

Pamphlets: "Immunization" OP19 10¢ AMA
"Tetanus - Second Deadliest Poison"
OP18 15¢ AMA
"Medicines and How to Use Them"
OP63 10¢ AMA
"Your Health Examination"
OP3 10¢ AMA
"Why Wait" Comp - 79 10¢ AMA
"Safeguarding the Health of an
Athlete" HE 125 15¢ AMA

Films: "Art of Detection"
"Point of View"
Northwest Area Tuberculosis and
Health Association

HEALTH EDUCATION GUIDE

CONCEPTS

E. Other Methods of Prevention and Control

1. Community Sanitation
2. Legislation
3. Education

F. Respiratory Diseases

G. Alimentary Diseases

H. Inoculation Diseases

I. Contact Group Diseases

III. KILLER DISEASES

A. Increased Life Span

B. Leading Death Causes

C. Heart

1. Congenital
2. Rheumatic
3. Coronary

REINFORCEMENTS

Pamphlet: "TB Control - Prospects for Eradication" OP88 10¢ AMA

Visit from Health Officer

Pamphlet: "How to Prevent Heart Disease" OP 32 10¢ AMA

Draw and diagram charts of heart

Dramatize blood circulation using games (re. Local Heart Association)

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 10

REINFORCEMENTS

NOTES

Pamphlet: "TB Control - Prospects for
Eradication" OP88 10¢ AMA

Visit from Health Officer

Pamphlet: "How to Prevent Heart Disease"
OP 32 10¢ AMA

Draw and diagram charts of heart

Dramatize blood circulation using games
(re. Local Heart Association)

HEALTH EDUCATION GUIDE

CONCEPTS

- D. Blood Vessels
 - 1. Arterial Sclerosis
 - 2. Hypertension
 - 3. Cerebral Hemorrhage
 - 4. Stroke
- E. Blood Pressure
- F. Cancer
 - 1. Benign
 - 2. Malignant
 - 3. Seven Danger Signals
 - 4. Leukemia
- G. Diabetes
- H. Cirrhosis
 - 1. Liver
- I. Accidents

REINFORCEMENTS

Pamphlet: "Your Blood Pressure" OP44 10¢ AMA

Demonstrate blood pressure apparatus

Pamphlet: "Cancer - Facts You Should Know"
OP46 10¢ AMA

Pamphlet: "Diabetes" OP114 10¢ AMA

Film: "Conquering Darkness"
Commission for the Blind 4-1052 MCAVA

IV. DRUG ABUSE

Refer to Drug Abuse Guide

GUIDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 10
<p>is</p> <p>rrhage</p> <p>gnals</p>	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Pamphlet: "Your Blood Pressure" OP44 10¢ AMA</p> <p>Demonstrate blood pressure apparatus</p> <p>Pamphlet: "Cancer - Facts You Should Know" OP46 10¢ AMA</p> <p>Pamphlet: "Diabetes" OP114 10¢ AMA</p> <p>Film: "Conquering Darkness" Commission for the Blind 4-1052 MCAVA</p> <p>Refer to Drug Abuse Guide</p>	<p style="text-align: center;"><u>NOTES</u></p>

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

V. HUMAN SEXUALITY

Refer to Human Sexuality Guide (pages 64 - 65)

VI. MENTAL HEALTH

AMA Pamphlets:

- A. Normal Psychology
- B. Abnormal Psychology
- C. Clarification of Known Terminology

"Mental Retardation Handbook" MH26 30¢
"What is Hypnosis" OP54 10¢
"Who Helps the Physician Help the Retarded"
OP -1 15¢
"Mental Health and School Health Services"
HE 11 35¢
"When a Mental Patient Comes Home" MH 10
AMA 15¢

Other Pamphlets:

"What is Mental Health - PHS 505"
National Institute of Mental Health 611 10¢
"Mental Illness and Its Treatment - Past
and Present" PHS 1345 20¢ (612)
National Institute of Mental Health

VII. FIRST AID

- A. Wounds and Treatment
- B. Shock and Treatment
- C. Dressing and Bandages
- D. Heat Absorption, Sunstroke,
Burns, Frost Bite
- E. Artificial Respiration

Practical experiences

AMA Pamphlets: "First Aid Manual" OP15 15¢
"First Aid Chart for Athletic
Injuries" HE 45 10¢

AMA Pamphlet: "Artificial Respiration Card"
OP 55 10¢

Book: "Resuscitation - Practical Use"
by Resusci, Anne

REINFORCEMENTS

NOTES

Refer to Human Sexuality Guide (pages 64 - 65)

AMA Pamphlets:

- "Mental Retardation Handbook" MH26 30¢
- "What is Hypnosis" OP54 10¢
- "Who Helps the Physician Help the Retarded"
OP -1 15¢
- "Mental Health and School Health Services"
HE 11 35¢
- "When a Mental Patient Comes Home" MH 10
AMA 15¢

Other Pamphlets:

- "What is Mental Health - PHS 505"
National Institute of Mental Health 611 10¢
- "Mental Illness and Its Treatment - Past
and Present" PHS 1345 20¢ (612)
National Institute of Mental Health

Practical experiences

- AMA Pamphlets:** "First Aid Manual" OP15 15¢
"First Aid Chart for Athletic
Injuries" HE 45 10¢

- AMA Pamphlet:** "Artificial Respiration Card"
OP 55 10¢

- Book:** "Resuscitation - Practical Use"
by Resusci, Anne

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

VIII CAREERS IN HEALTH

- A. Specialists
- B. Educational Preparation
 - 1. High School
 - 2. College

Individual reports

Career representatives to visit class

Collect literature

Future career possibilities in this field

Pamphlets: "Chiropractic: Unscientific Cult"
OP 69 AMA 15¢
"Did You Know That? Chiropractic"
OP 83 AMA 10¢
"Prognosis: Medical Career"
AMA 20¢ per 100
"Anesthesiology" OP 66 AMA 10¢
"Your Friend the Doctor"
OP 68 AMA 40¢
"Health Education as Your Career"
(244-06980) AAHPER Publication
"Safety Education as Your Career"
(244-07600) AAHPER Publication

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 10

REINFORCEMENTS

NOTES

Individual reports

Career representatives to visit class

Collect literature

Future career possibilities in this field

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OP 69 AMA 15¢
"Did You Know That? Chiropractic"
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"Prognosis: Medical Career"
AMA 20¢ per 100
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"Your Friend the Doctor"
OP 68 AMA 40¢
"Health Education as Your Career"
(244-06980) AAHPER Publication
"Safety Education as Your Career"
(244-07600) AAHPER Publication

HEALTH EDUCATION GUIDE

CONCEPTS

I. HUMAN GROWTH AND REPRODUCTION

Review

Refer to Human Sexuality Guide (pages 69-70)

II. HUMAN SEXUALITY

A. Courtship

Refer to Human Sexuality Guide (pages 71-72)

B. Marriage

C. Family Cultures in Other Countries

III. DRUG ABUSE

Refer to Drug Abuse Guide

IV. RAP SESSION

V. DRIVER EDUCATION

REINFORCEMENTS

IDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 11
her	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Review</p> <p>Refer to Human Sexuality Guide (pages 69-70)</p> <p>Refer to Human Sexuality Guide (pages 71-72)</p> <p>Refer to Drug Abuse Guide</p>	<p style="text-align: center;"><u>NOTES</u></p> <p>For explanation of Rap Session see Grade 7, page 45, under Notes.</p>

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

REINFORCEMENTS

I. CHARACTER EVALUATION

A. Self Evaluation

1. "Where have I been?"
2. "Where am I going?"
3. "Who am I?"
4. "What are my goals?"
 - a. Immediate Goal
 - b. Long Range Goal

- Guidance counselor
- Social Worker
- Psychologist
- Personality Test
- Sociogram
- Pamphlet: "Finding Yourself" OP 20 AMA 30¢

B. Relationships with:

1. Parents
2. Teachers
3. Siblings
4. Friends
5. Acquaintances
6. Co-workers
7. Supervisors
8. Ethnic Groups
9. Opposite and Same Sex

- Pamphlet: "Parent's Responsibility" OPI2 AMA 30¢
- Allow time for individual time and conferences
- Refer to guidance counselor for pertinent tests

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 12

REINFORCEMENTS

NOTES

Guidance counselor

Social Worker

Psychologist

Personality Test

Sociogram

Pamphlet: "Finding Yourself" OP 20 AMA 30¢

Pamphlet: "Parent's Responsibility" OP12 AMA
30¢

Allow time for individual time and conferences

Refer to guidance counselor for pertinent tests

HEALTH EDUCATION GUIDE

CONCEPTS

- C. Social Values (Status)
 - 1. Class Distinction
 - 2. Economical Distinction
- D. Roadblocks to Fulfillment of Goals

II. RAP SESSION

- A. To Reinforce Unit I
- B. To Encourage a Service Project
 - 1. Individual
 - 2. Group

III. FAMILY AND HOME

IV. FAMILY PLANNING

- A. Raising Children

V. DRUGS

REINFORCEMENTS

Class discussions

Refer to Human Sexuality Guide (pages 81 & 83)

Refer to Human Sexuality Guide (page 82)

Refer to Drug Abuse Guide

F
S
N

REINFORCEMENTS

NOTES

Class discussions

**For explanation of Rap Session
see Grade 7, page 45, under
Notes.**

Refer to Human Sexuality Guide (pages 81 & 83)

Refer to Human Sexuality Guide (page 82)

Refer to Drug Abuse Guide

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

VI. COMMUNITY HEALTH AND SOCIAL HYGIENE

A. Insurance

Invite insurance agent to speak

1. Hospitalization
2. Life Insurance
3. Workman's Compensation
4. Job Protection
5. Homeowners' and Apartment Insurance
6. Annuities
7. Comprehensive
8. Term
9. Unemployment

"What is liability?"

"What is compensation?"

Sample policies for examination

Pamphlets: "Improving Mental Health - Insurance Coverage - PHS 1253"
National Institute of Mental Health
636 15¢
"8 Ways to Cut Doctor Bills"
OP 23 AMA 10¢
"Let's Use Not Abuse Health Insurance" HCS 53 10¢ AMA

B. Credit

1. Credit Cards
 - a. Pros and Cons
2. Loans
 - a. Interest Rates
 - b. Types of Agencies

Samples for inspection

Make list of companies that offer credit cards and qualifications needed

Credit reserves person to visit

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 12

REINFORCEMENTS

NOTES

Invite insurance agent to speak

"What is liability?"

"What is compensation?"

Sample policies for examination

Pamphlets: "Improving Mental Health -
Insurance Coverage - PHS 1253"
National Institute of Mental Health
636 15¢
"8 Ways to Cut Doctor Bills"
OP 23 AMA 10¢
"Let's Use Not Abuse Health
Insurance" HCS 53 10¢ AMA

Samples for inspection

Make list of companies that offer credit cards
and qualifications needed

Credit reserves person to visit

It is strongly recommended that this
unit be emphasized in the vocational
program for those who will not
continue formal education.

HEALTH EDUCATION GUIDE

CONCEPTS

REINFORCEMENTS

VII. SOCIAL SERVICES

A. Health Departments

1. Hospitals
2. Clinics

B. Voluntary Health Agencies

1. Professional
2. Private
3. Public
 - a. Easter Seal,
March of Dimes, etc.

C. Health Advertising

1. Food
2. Superstitions

D. Home Medicine Chest

1. Prescription Drugs
2. Over Counter Drugs

AMA Pamphlets: "Patient History Form"
HE 69 10¢

"What to Look for in a Nursing Home" OP 61 15¢
"Health Promotion for Adults"
HCS 18 30¢

Other Pamphlets: "The Comprehensive Community Health Center" PHS 1137 (911)
National Institute of Mental Health 15¢
"Community Mental Health Center" PHS 1643 (112)
National Institute of Mental Health 5¢

Filmstrip: "The Christmas Seal Crusade"
Northwest Area Tuberculosis and Health Association

AMA Pamphlets: "Facts on Quacks" OP128 30¢
"Health Quackery" OP 130 15¢
"Mechanical Quackery" OP 36 10¢
"The Merchants of Menace"
FN 28 10¢

Discuss time element of keeping drugs too long

Distribute Emergency First Aid Chart from Johnson & Johnson

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

GRADE 12

REINFORCEMENTS

NOTES

- AMA Pamphlets: "Patient History Form"
HE 69 10¢
"What to Look for in a Nursing Home" OP 61 15¢
"Health Promotion for Adults"
HCS 18 30¢
- Other Pamphlets: "The Comprehensive Community Health Center" PHS 1137 (911)
National Institute of Mental Health 15¢
"Community Mental Health Center" PHS 1643 (112)
National Institute of Mental Health 5¢
- Filmstrip: "The Christmas Seal Crusade"
Northwest Area Tuberculosis and Health Association
- AMA Pamphlets: "Facts on Quacks" OPI28 30¢
"Health Quackery" OP 130 15¢
"Mechanical Quackery" OP 36 10¢
"The Merchants of Menace"
FN 28 10¢

Discuss time element of keeping drugs too long.

Distribute Emergency First Aid Chart from Johnson & Johnson

HEALTH EDUCATION GUIDE

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

CONCEPTS

- 3. Everything Labeled
- 4. Care of Medicine

VIII. RAP SESSION

REINFORCEMENTS

Pamphlet: "Protecting Your Home from Unlabeled Poisons" AMA 10¢

ON GUIDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 12
Labeled icine	<p style="text-align: center;"><u>REINFORCEMENTS</u></p> <p>Pamphlet: "Protecting Your Home from Unlabeled Poisons" AMA 10¢</p>	<p style="text-align: center;"><u>NOTES</u></p>

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

SELECTED REFERENCES FOR USE IN THE HEALTH AND SAFETY PRO

SUPPLEMENTARY MATERIALS FOR TEACHER USE:

GRADE LEVEL	TITLE	AUTHOR	PUBLISHER
5, 7, 12	ACCENT ON YOU		Tampax, Inc.
8	AIR & WATER POLLUTION	Kitzinger	Lyons & Carna
10	ALCOHOLISM - A SICKNESS THAT CAN BE BEATEN	Blakeslee	Public Affairs
1	ALL ABOUT EGGS	Selsam	Scott
5, 7, 8, 9	ANSWERS TO 101 QUESTIONS ABOUT CANCER	American Cancer Society	
7-12	APPROACHING ADULTHOOD	American Medical Association	
12	THE ART OF DATING	Duvall	Association P
1	BEGINNING THE HUMAN STORY: A NEW BABY IN THE FAMILY		Scott, Foresm
5, 7, 8, 9	1966 CANCER FACTS AND FIGURES	American Cancer Society	
5, 7, 8, 9	CIGARETTE SMOKING AND CANCER	American Cancer Society	

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

SELECTED REFERENCES FOR USE IN THE HEALTH AND SAFETY PROGRAM

TITLES FOR TEACHER USE:

TITLE	AUTHOR	PUBLISHER	COPYRIGHT DATE
...NT ON YOU		Tampax, Inc.	1966
... WATER POLLUTION	Kitzinger	Lyons & Carnahan	1966
...HOLISM - A SICKNESS ... CAN BE BEATEN	Blakeslee	Public Affairs Pamphlet	#118 A
...ABOUT EGGS	Selsam	Scott	1952
...ERS TO 101 QUESTIONS ...T CANCER	American Cancer Society		1964
...DACHING ADULTHOOD	American Medical Association		
...ART OF DATING	Duvall	Association Press	1967
...NNING THE HUMAN STORY: ...W BABY IN THE FAMILY		Scott, Foresman	1967
...ANCER FACTS AND FIGURES	American Cancer Society		1966
...RETTE SMOKING AND CANCER	American Cancer Society		1963

GRADE LEVEL	TITLE	AUTHOR	PUBLISHER
8	COMMUNITY HEALTH SERVICES	Mattison	Public Affairs P
7-9	DRUG ABUSE	N. J. State Dept. of Education	
7-9	DRUG ABUSE: ESCAPE TO NOWHERE		Smith, Kline, &
1-12	FACTS AREN'T ENOUGH	American Medical Association	
7-12	FINDING YOURSELF	American Medical Association	
10	FIRST AID	American Red Cross	
12	HOMOSEXUALITY	Siecus Discussion Guide #2	
1-6	HOW TO TELL YOUR CHILD ABOUT SEX	Hymes	Public Affairs P
7-12	THE HUMAN STORY	Hofstein	Scott, Foresma
12	MARRIAGE FOR MODERNS	Bowman	McGraw Hill
12	MASTURBATION	Siecus Discussion Guide #3	
7-12	THE MIRACLE OF LIFE	American Medical Association	
7-12	PARENTS' RESPONSIBILITY	American Medical Association	
7-9	PERSONALITY "PLUS" THROUGH DIET	King	Public Affairs P

TITLE	AUTHOR	PUBLISHER	COPYRIGHT DATE
COMMUNITY HEALTH SERVICES	Mattison	Public Affairs Pamphlet	#180 S
DRUG ABUSE	N. J. State Dept. of Education		1967
DRUG ABUSE: ESCAPE TO NOWHERE		Smith, Kline, & French	1967
FACTS AREN'T ENOUGH	American Medical Association		1962
FINDING YOURSELF	American Medical Association		
FIRST AID	American Red Cross		1957
GOMOSEXUALITY	Siecus Discussion Guide #2		1965
HOW TO TELL YOUR CHILD ABOUT SEX	Hymes	Public Affairs Pamphlet	#149
THE HUMAN STORY	Hofstein	Scott, Foresman	1967
MARRIAGE FOR MODERNS	Bowman	McGraw Hill	
MASTURBATION	Siecus Discussion Guide #3		1966
THE MIRACLE OF LIFE	American Medical Association		
PARENTS' RESPONSIBILITY	American Medical Association		1962
PERSONALITY "PLUS" THROUGH DIET	King	Public Affairs Pamphlet	#299

GRADE LEVEL	TITLE	AUTHOR	PUBLISHER
12	PREMARITAL SEX IN A CHANGING SOCIETY	Bell	Prentice Hall
12	PRIVATE AND PERSONAL	Naismith	David McKay C
12	REPRODUCTION, SEX AND PREPARATION FOR MARRIAGE	Malfetti	Prentice Hall
1-6	SCHOOL AND SAFETY	National Safety Council	
12	SEX BEFORE 20	Southard	E. P. Dutton
1-12	SEX EDUCATION (Reprint)		Grade Teacher
12	SEX EDUCATION	Siecus Discussion Guide #1	
12	SEX KNOWLEDGE INVENTORY	McHugh	Family Life Pub Durham, North
5, 7, 8, 9	SMOKING - THE GREAT DILEMMA	Brecher	Public Affairs P
5, 7, 8, 9	SMOKING AND HEALTH	N. J. State Dept. of Education	
1-12	A STORY ABOUT YOU	American Medical Association	
5, 7, 8, 9	TEACHING ABOUT CANCER	American Cancer Society	
12	TODAY'S TEEN-AGERS	Durall	Associated Pre
12	VENEREAL DISEASES	N. J. State Dept. of Education	

TITLE	AUTHOR	PUBLISHER	COPYRIGHT DATE
CRITICAL SEX IN A CHANGING TY	Bell	Prentice Hall	
TE AND PERSONAL	Naismith	David McKay Co.	
DUCTION, SEX AND RATION FOR MARRIAGE	Malferti	Prentice Hall	
L AND SAFETY	National Safety Council		
EFORE 20	Southard	E. P. Dutton	
UCATION (Reprint)		Grade Teacher	1967
UCATION	Siecus Discussion Guide #1		1966
NOWLEDGE INVENTORY	McHugh	Family Life Publications Durham, North Carolina	Revised Edition
NG - THE GREAT DILEMMA	Brecher	Public Affairs Pamphlet.	#361
NG AND HEALTH	N. J. State Dept. of Education		1966
RY ABOUT YOU	American Medical Association		1964
HING ABOUT CANCER	American Cancer Society		1960
'S TEEN-AGERS	Durall	Associated Press	
REAL DISEASES	N. J. State Dept. of Education		

GRADE LEVEL	TITLE	AUTHOR	PUBLISHER
5, 7, 12	VERY PERSONALLY YOURS		Kimberly Clark
12	WHAT SHALL I TELL MY CHILD?	Reik	Crown Publishers
7-9	WHAT WE CAN DO ABOUT DRUG ABUSE	Saltman	Public Affairs Pam
7	WHAT WOMEN WANT TO KNOW		Glenbrook Labora
12	WHEN YOU MARRY	Duvall	Associated Press
12	WHY WAIT TILL MARRIAGE?	Duvall	Associated Press
7, 9	THE WONDERFUL HUMAN MACHINE	American Medical Association	

TITLE	AUTHOR	PUBLISHER	COPYRIGHT DAT
VERY PERSONALLY YOURS		Kimberly Clark	1953
WHAT SHALL I TELL MY CHILD?	Reik	Crown Publishers	1966
WHAT WE CAN DO ABOUT DRUG ABUSE	Saltman	Public Affairs Pamphlet	#390
WHAT WOMEN WANT TO KNOW		Glenbrook Laboratories	1961
WHEN YOU MARRY	Duvall	Associated Press	
WHY WAIT TILL MARRIAGE?	Duvall	Associated Press	
THE WONDERFUL HUMAN MACHINE	American Medical Association		1961

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

SOURCES OF FREE OR LOW COST HEALTH AND SAFETY MATERIAL

American Association for Health, Physical
Education, and Recreation
Department of Nat'l. Education Assoc.
1201 16th Street Northwest
Washington, D.C. 20036

Abbott Laboratories
14th and Sheridan Road
North Chicago, Illinois 60064
(pharmacy, nutrition, and drugs)

Aetna Life Affiliated Companies
Information and Education Department
151 Farmington Avenue
Hartford, Connecticut 10015
(health and safety)

Alcoholics Anonymous
PO #459
New York 17, New York

Allergy Foundation of America
801 2nd Avenue
New York, New York 10017
(allergy and allergic diseases)

Allied Youth Inc.
1709 Main Street Northwest
Washington 6 D.C.

American Automobile Association
Pennsylvania Avenue at 17th, N.W..
Washington, D.C. 20006
(highway and pedestrian safety)

American Cancer Society, Inc.
521 West 57th Street
New York, New York 10019
(cancer)

American Can Co.
Home Economics Section
100 Park Avenue
New York, New York 10017
(nutrition and home economics)

American Dental Association
Bureau of Dental Health Education
222 East Superior Street
Chicago, Illinois 60611
(dental health)

American Diabetes Association, Inc.
1 East 45th Street
New York, New York 10017
(diabetes)

American Dietetic Association
620 North Michigan Avenue
Chicago, Illinois 60611
(nutrition and diet)

American Dry Milk Institute, Inc.
221 North LaSalle Street
Chicago, Illinois 60601
(nutrition)

American
Engineer
80 Maide
New Yor
(safety)

American
15 West 1
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American
919 18th S
Washingt
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American
Inquiries
44 East
New Yor
(heart)

American
840 North
Chicago,
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American
Consum
400 East
Chicago,
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SOURCES OF FREE OR LOW COST HEALTH AND SAFETY MATERIALS

<p>h, Physical Assoc. tment n W..</p>	<p>American Cancer Society, Inc. 521 West 57th Street New York, New York 10019 (cancer)</p> <p>American Can Co. Home Economics Section 100 Park Avenue New York, New York 10017 (nutrition and home economics)</p> <p>American Dental Association Bureau of Dental Health Education 222 East Superior Street Chicago, Illinois 60611 (dental health)</p> <p>American Diabetes Association, Inc. 1 East 45th Street New York, New York 10017 (diabetes)</p> <p>American Dietetic Association 620 North Michigan Avenue Chicago, Illinois 60611 (nutrition and diet)</p> <p>American Dry Milk Institute, Inc. 221 North LaSalle Street Chicago, Illinois 60601 (nutrition)</p>	<p>American Fire Insurance Companies Engineering Department 80 Maiden Lane New York, New York 10007 (safety)</p> <p>American Foundation for the Blind Inc. 15 West 16th Street New York 11, New York</p> <p>American Hearing Society 919 18th Street, Northwest Washington, D. C. 20006 (acoustics and hearing)</p> <p>American Heart Association Inquiries Section 44 East 23rd. Street New York, New York 10010 (heart)</p> <p>American Hospital Association 840 North Lake Shore Drive Chicago, Illinois 60611 (hospital care)</p> <p>American Institute of Baking Consumer Service Department 400 East Ontario Street Chicago, Illinois 60611 (nutrition)</p>
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American Institute of Family Relations
5287 Sunset Boulevard
Los Angeles, California 90027
(family living and mental health)

American Meat Institute
59 East Van Buren Street
Chicago, Illinois 60605
(nutrition)

American Medical Association
Order Department
535 North Dearborn Street
Chicago, Illinois 60610
(health and safety)

American National Red Cross
17th and D Street
Washington, D. C. 20013
(contact local chapter first)
(first aid, safety, and nutrition)

American Occupational Therapy Association
33 West 42nd Street
New York 18, New York

American Optometric Association, Inc.
Department of Public Information
700 Chippewa Street
St. Louis, Missouri 63110
(eye health)

American Physical Therapy Association
1790 Broadway
New York 19, New York

American Public Association
1790 Broadway
New York 10, New York
(health and safety)

American Seating Co.
9th Street and Broadway
Grand Rapids 2, Michigan

American Social Health Association
1790 Broadway
New York, New York 10019
(sex education)

The Arthritis Foundation
10 Columbus Circle
New York, New York 10019
(arthritis)

Association of American Railroads
School and College Service
Transportation Building
Washington, D. C. 20006
(railroad safety)

Association of Casualty and Surety Companies
Accident Prevention Department
Publications Division
60 John Street
New York, New York 10038
(safety)

Association for Family Living
32 West Randolph, Suite 1818
Chicago, Illinois 60601
(family health)

Audio-Vis
1346 Broad
Detroit 26

Better Vis
Suite 3157
630 5th Av
New York

Bicycle Ins
122 East 4
New York
(bicycle sa

The Borde
Consumer
350 Madis
New York
(nutrition,
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The Canc
1603 Oakd
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Carnation
Home Ser
5045 Wils
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Cereal Ins
Home Eco
135 South
Chicago,
(nutrition)

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American Public Association
1790 Broadway
New York 10, New York 10019
(health and safety)

American Seating Co.
9th Street and Broadway
Grand Rapids 2, Michigan

American Social Health Association
1790 Broadway
New York, New York 10019
(sex education)

The Arthritis Foundation
10 Columbus Circle
New York, New York 10019
(arthritis)

Association of American Railroads
School and College Service
Transportation Building
Washington, D. C. 20006
(railroad safety)

Association of Casualty and Surety Companies
Accident Prevention Department
Publications Division
60 John Street
New York, New York 10038
(safety)

Association for Family Living
32 West Randolph, Suite 1818
Chicago, Illinois 60601
(family health)

Audio-Visual Research Institute
1346 Broadway
Detroit 26, Michigan

Better Vision Institute Inc.
Suite 3157
630 5th Avenue
New York 20, New York

Bicycle Institute of America
122 East 42nd. Street
New York, New York 10017
(bicycle safety)

The Borden Company
Consumer Services
350 Madison Avenue
New York, New York 10011
(nutrition, weight control, and health inventory)

The Cancer Bulletin
1603 Oakdale Street
Houston 4, Texas

Carnation Milk Company
Home Service Department
5045 Wilshire Boulevard
Los Angeles, California 90036

Cereal Institute, Inc.
Home Economics Department
135 South LaSalle Street
Chicago, Illinois 60603
(nutrition)

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Child Study Association of America
132 East 74th Street
New York, 21, New York

Child Welfare League of America, Inc.
130 East 22nd. Street
New York 10, New York

Children's Bureau
Washington 25, D. C.

Ciba Pharmaceutical Co.
556 Morris Avenue
Summit, New Jersey 07901
(health science)

Cleveland Health Museum
8911 Euclid Avenue
Cleveland 6, Ohio 44115
(health)

Colgate-Palmolive Company
300 Park Avenue
New York, New York 10010
(skin care and dental health)

Colgate-Palmolive Company
Box P-70
740 North Rusch Street
Chicago, Illinois 60611

Connecticut Mutual Life Insurance Company
Hartford, Connecticut

Denoyer-Geppert Company
5237-59 Ravenswood Avenue
Chicago, Illinois
(audio-visual aids)

Employers Mutual of Wausau
Safety Engineering Department
407 Grant Street
Wausau, Wisconsin 55402
(safety)

Equitable Life Assurance Society of U.S.
Medical Department
393 7th Avenue
New York 1, New York
(first aid)

Epilepsy Film Department
2930 Main Street, Northwest
Washington D. C.

Epilepsy Foundation
1419 14th Street, Northwest
Washington D. C. 20005

Family Service Association of America
215 4th Avenue
New York 3, New York

Ford Motor Company
Research and Information Department
The American Road
Dearborn, Michigan 48127
(traffic safety and seat belts)

Good Housekeeping Institute
57th Street and 8th Avenue
New York 19, New York

General Mills, Inc.
Public Relations Department
Educational Services
9200 Wayzata Boulevard
Minneapolis, Minnesota 55426
(nutrition)

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Employers Mutual of Wausau
Safety Engineering Department
407 Grant Street
Wausau, Wisconsin 55402
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Equitable Life Assurance Society of U.S.
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Washington D. C.

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1419 14th Street, Northwest
Washington D. C. 20005

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New York 3, New York

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The American Road
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New York 19, New York

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9200 Wayzata Boulevard
Minneapolis, Minnesota 55426
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Harvard School of Public Health
Cambridge, Massachusetts

Health Information Foundation
Public Relations Director
420 Lexington Avenue
New York, New York 10017
(health and medical economics)

Health Insurance Council
488 Madison Avenue
New York, New York 10022
(health insurance)

Heart Disease Control Program
Division of Special Health Services
United States Public Health Service
Department of Health, Education, and
Welfare
Washington, D. C. 20025
(heart disease)

Heart Information Center
National Heart Institute
United States Public Health Service
Bethesda, Maryland 20014
(heart disease and heart research)

Institute of Makers of Explosives
250 East 43rd Street
New York, New York 10017
(safety: blasting caps)

Insurance Institute for Highway Safety
1710 8th Street Northwest
Washington 6, D. C.

International Cellucotton Products Co.
919 North Michigan Avenue
Chicago, Illinois 60611
(menstrual hygiene)

John Hancock Mutual Life Conservation
Service Insurance Company
Boston, Massachusetts
(first aid)

Joint Commission of Accreditation of
Hospitals
200 East Ohio Street
Chicago, Illinois 60611
(hospital accreditation)

Kellogg Company
Home Economics Service
Battle Creek, Michigan 49015
(nutrition)

Kemper Insurance Companies
4750 Sheridan Road
Chicago, Illinois 60640
(traffic safety)

Kimberly-Clark Corporation
Cellucotton Division
Educational Department
Neenah, Wisconsin 54947
(menstrual hygiene and colds)

Lederle Laboratories Division
American Cyanamid Company
Public Relations Department
Pearl River, New York 10965
(child health, immunizations, and nutrition)

Lever Brothers Company
Public Relations Division
Consumer Education Department
390 Park Avenue
New York, New York 10022
(cleanliness)

Liberty Mutual Insurance Co.
175 Berkeley Square
Boston, Massachusetts 02116
(safety and rehabilitation)

Massachusetts Indemnity and Life
Insurance Company
654 Beacon Street
Boston, Massachusetts 02115
(health insurance)

Massachusetts Society for Social Hygiene,
Inc.
1145 Little Building
Boston 16, Massachusetts

Maternity Center Association
645 Madison Avenue
New York, New York

Mental Health Material Center
104 East 25th Street
New York 10, New York

National Academy of Sciences
National Research Council
Washington, D. C. 20025
(food and nutrition)

National Association for Mental Health, Inc.
10 Columbus Circle
New York, New York 10019
(mental health)

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390 Park Avenue
New York, New York 10022
(cleanliness)

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Boston, Massachusetts 02116
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Massachusetts Society for Social Hygiene,
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Boston 16, Massachusetts

Maternity Center Association
645 Madison Avenue
New York, New York

Mental Health Material Center
104 East 25th Street
New York 10, New York

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Washington, D. C. 20025
(food and nutrition)

National Association for Mental Health, Inc.
10 Columbus Circle
New York, New York 10019
(mental health)

National Better Business Bureau, Inc.
405 Lexington Avenue
New York, New York 10017
(health quackery)

National Board of Fire Underwriters
85 John Street
New York, New York 10038
(fire prevention)

National Cancer Association
Home Economics Division
1739 8th Street Northwest
Washington D. C.

National Commission of Safety Education
National Education Association
1201 16th Street Northwest
Washington, D. C. 20036
(safety)

National Council on Alcoholism
New York Academy of Medicine
2 East 103rd. Street
New York, New York 10029
(alcoholism)

National Council on Family Relations
5757 South Drexel Avenue
Chicago, Illinois 60637
(teacher's kit on family living, \$2.50)

National Congress of Parents and Teachers
700 North Rush Street
Chicago, Illinois 60611
(child health and safety)

National Dairy Council
111 North Canal Street
Chicago, Illinois 60606
(nutrition and health education workshops)

National Dental Hygiene Association
934 Shoreham Building
Washington, D. C.

National Education Association
1201 16th Street, Northwest
Washington 6, D. C.

National Epilepsy League
203 North Wabash Avenue
Chicago, Illinois 60610
(epilepsy)

National Fire Protection Association
60 Batterymarch Street
Boston, Massachusetts 02110
(fire prevention)

National Foot Health Council, Inc.
621 Union Street
Rockland, Massachusetts
(shoes and foot care)

National Foundation
Division of Scientific and Health Information
800 2nd. Avenue
New York, New York 10017
(poliomyelitis, arthritis, birth defects, and disorders of the central nervous system)

National Health Council
1790 Broadway
New York, New York 10019
(health careers)

National Health Education Committee
135 East 42nd Street
New York 17, New York

National Institute of Health
Department of Health, Education, and Welfare
U.S. Public Health Service
Bethesda, Maryland 20014

1. Allergy and Infectious Diseases
 2. Arthritis and Metabolic Diseases
 3. Cancer
 4. Child Health and Human Development
 5. Dental Research
 6. General Medical Sciences
 7. Heart
 8. Mental Health
 9. Neurological Diseases and Blindness
- Building 8, Room 100
(arthritis, metabolic diseases, dental, mental health, blindness, child health, medical, microbiological data)

National Institute of Mental Health
Distribution Unit(HH-LL02)
Office of Communications
5454 Wisconsin Avenue
Chevy Chase, Maryland 20203

National Kidney Disease Foundation
143 East 35th. Street
New York, New York 10016
(kidney disease)

National Live Stock and Meat Board
407 South Dearborn Street
Nutritional Department
Chicago, Illinois 60605
(nutrition)

National Health Education Committee
135 East 42nd Street
New York 17, New York

National Institute of Health
Department of Health, Education, and
Welfare

U.S. Public Health Service
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3. Cancer
4. Child Health and Human Development
5. Dental Research
6. General Medical Sciences
7. Heart
8. Mental Health
9. Neurological Diseases and Blindness
Building 8, Room 100
(arthritis, metabolic diseases, dental,
mental health, blindness, child health,
medical, microbiological data)

National Institute of Mental Health
Distribution Unit(HH-LL02)
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5454 Wisconsin Avenue
Chevy Chase, Maryland 20203

National Kidney Disease Foundation
143 East 35th. Street
New York, New York 10016
(kidney disease)

National Live Stock and Meat Board
407 South Dearborn Street
Nutritional Department
Chicago, Illinois 60605
(nutrition)

National Multiple Sclerosis Society
257 4th. Avenue
New York, New York 10010
(multiple sclerosis)

National Nephrosis Foundation, Inc.
143 East 35th Street
New York, New York 10016
(kidney disease)

National Research Council
Food and Nutrition Board
Washington, D. C.

National Rifle Association
1600 Rhode Island Avenue
Washington 6, D. C.

National Safety Council
425 North Michigan Avenue
Chicago, Illinois 60611
(safety and accident statistics)

National Society for Crippled Children
and Adults
2023 West Ogden Avenue
Chicago 12, Illinois

National Society for the Prevention of
Blindness, Inc.
16 East 40th. Street
New York, New York 10016
(eye health)

National Tuberculosis Association
1790 Broadway
New York, New York 10019
(tuberculosis)

National Insurance
Safety Department
246 North High Street
Columbus, Ohio 43215
(traffic and child safety)

New Jersey Safety Council
24 Branford Place
Newark 2, New Jersey

New Jersey State Museum
Education Film Library
P. O. Box #1688
Trenton, New Jersey 08625
Phone # 609-292-2121

New York State Society for Mental Health
105 East 22nd Street
New York 10, New York

Nutrition Foundation
99 Park Avenue
New York, New York 10016
(nutrition)

Oral Hygiene Publications
1005 Library Avenue
Pittsburgh, Pennsylvania 15234
(dental health)

Pepsodent
Division of Lever Brothers Company
390 Park Avenue
New York, New York 10022
(dental health)

Personal Products Corporation
Education Department
Milltown, New Jersey 08850
(cleanliness)

Pet Milk Company
Director of Home Economics
140i Arcade Building
St. Louis, Missouri 63101
(nutrition)

Pied Piper Shoe Company
Box 118
Wausau, Wisconsin 54402
(foot care)

Pocketbooks, Inc.
Rockefeller Center
New York, New York

Planned Parenthood
Federation of America, Inc.
501 Madison Avenue
New York, New York 10022
(sex education)

Proctor and Gamble
Box 599
Cincinnati, Ohio
Attention: Consumer Services

Prudential Insurance Company of America
Public Relations and Advertising
Newark, New Jersey 07102
(safety)

Public Affairs Pamphlets
22 East 38th. Street
New York, New York 10016
(family relations, health, and science)

Public Health Nursing
1790 Broadway
New York 19, New York

Public
United
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Public:
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Box 56
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Pet Milk Company
Director of Home Economics
1401 Arcade Building
St. Louis, Missouri 63101
(nutrition)

Pied Piper Shoe Company
Box 118
Wausau, Wisconsin 54402.
(foot care)

Pocketbooks, Inc.
Rockefeller Center
New York, New York

Planned Parenthood
Federation of America, Inc.
501 Madison Avenue
New York, New York 10022
(sex education)

Proctor and Gamble
Box 599
Cincinnati, Ohio
Attention: Consumer Services

Prudential Insurance Company of America
Public Relations and Advertising
Newark, New Jersey 07102
(safety)

Public Affairs Pamphlets
22 East 38th. Street
New York, New York 10016
(family relations, health, and science)

Public Health Nursing
1790 Broadway
New York 19, New York

Public Health Service
United States Department of Health,
Education, and Welfare
Washington, D. C. 20025
(health)

Publications Inquiry Unit
United States Office of Education
Washington 25, D. C.

Rutgers Center of Alcohol Studies
Box 566
Rutgers, The State University
New Brunswick, New Jersey

Science Research Associates
57 West Grand Avenue
Chicago, Illinois 60610
(health)

Smith-Kline and French Laboratories
1530 Spring Garden Street
Philadelphia 1, Pennsylvania

Superintendent of Documents
United States Printing Office
Washington, D. C. 20025
(request free price lists; PL 31,
education; PL 51, health; PL 71,
Children's Bureau, and civil defense)

Swift and Company
Agricultural Research Department
Union Stock Yards
Chicago, Illinois 60609
(nutrition)

Tampax, Inc.
161 East 42nd Street
New York, New York 10017
(menstrual hygiene)

National Dairy Council
111 North Canal Street
Chicago, Illinois 60606
(nutrition and health education workshops)

National Dental Hygiene Association
934 Shoreham Building
Washington, D. C.

National Education Association
1201 16th Street, Northwest
Washington 6, D. C.

National Epilepsy League
203 North Wabash Avenue
Chicago, Illinois 60610
(epilepsy)

National Fire Protection Association
60 Batterymarch Street
Boston, Massachusetts 02110
(fire prevention)

National Foot Health Council, Inc.
621 Union Street
Rockland, Massachusetts
(shoes and foot care)

National Foundation
Division of Scientific and Health Information
800 2nd. Avenue
New York, New York 10017
(poliomyelitis, arthritis, birth defects, and
disorders of the central nervous system)

National Health Council
1790 Broadway
New York, New York 10019
(health careers)

National Health Education Committee
135 East 42nd Street
New York 17, New York

National Institute of Health
Department of Health, Education, and
Welfare

U. S. Public Health Service
Bethesda, Maryland 20014

1. Allergy and Infectious Diseases
 2. Arthritis and Metabolic Diseases
 3. Cancer
 4. Child Health and Human Development
 5. Dental Research
 6. General Medical Sciences
 7. Heart
 8. Mental Health
 9. Neurological Diseases and Blindness
- Building 8, Room 100
(arthritis, metabolic diseases, dental,
mental health, blindness, child health,
medical, microbiological data)

National Institute of Mental Health
Distribution Unit(HH-LL02)
Office of Communications
5454 Wisconsin Avenue
Chevy Chase, Maryland 20203

National Kidney Disease Foundation
143 East 35th. Street
New York, New York 10016
(kidney disease)

National Live Stock and Meat Board
407 South Dearborn Street
Nutritional Department
Chicago, Illinois 60605
(nutrition)

National Health Education Committee
135 East 42nd Street
New York 17, New York

National Institute of Health
Department of Health, Education, and
Welfare

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143 East 35th. Street
New York, New York 10016
(kidney disease)

National Live Stock and Meat Board
407 South Dearborn Street
Nutritional Department
Chicago, Illinois 60605
(nutrition)

National Multiple Sclerosis Society
257 4th. Avenue
New York, New York 10010
(multiple sclerosis)

National Nephrosis Foundation, Inc.
143 East 35th Street
New York, New York 10016
(kidney disease)

National Research Council
Food and Nutrition Board
Washington, D. C.

National Rifle Association
1600 Rhode Island Avenue
Washington 6, D. C.

National Safety Council
425 North Michigan Avenue
Chicago, Illinois 60611
(safety and accident statistics)

National Society for Crippled Children
and Adults
2023 West Ogden Avenue
Chicago 12, Illinois

National Society for the Prevention of
Blindness, Inc.
16 East 40th. Street
New York, New York 10016
(eye health)

National Tuberculosis Association
1790 Broadway
New York, New York 10019
(tuberculosis)

National Insurance
Safety Department
246 North High Street
Columbus, Ohio 43215
(traffic and child safety)

New Jersey Safety Council
24 Branford Place
Newark 2, New Jersey

New Jersey State Museum
Education Film Library
P. O. Box #1688
Trenton, New Jersey 08625
Phone # 609-292-2121

New York State Society for Mental Health
105 East 22nd Street
New York 10, New York

Nutrition Foundation
99 Park Avenue
New York, New York 10016
(nutrition)

Oral Hygiene Publications
1005 Library Avenue
Pittsburgh, Pennsylvania 15234
(dental health)

Pepsodent
Division of Lever Brothers Company
390 Park Avenue
New York, New York 10022
(dental health)

Personal Products Corporation
Education Department
Milltown, New Jersey 08850
(cleanliness)

Pet Milk Company
Director of Home Economics
1401 Arcade Building
St. Louis, Missouri 63101
(nutrition)

Pied Piper Shoe Company
Box 118
Wausau, Wisconsin 54402
(foot care)

Pocketbooks, Inc.
Rockefeller Center
New York, New York

Planned Parenthood
Federation of America, Inc.
501 Madison Avenue
New York, New York 10022
(sex education)

Proctor and Gamble
Box 599
Cincinnati, Ohio
Attention: Consumer Services

Prudential Insurance Company of America
Public Relations and Advertising
Newark, New Jersey 07102
(safety)

Public Affairs Pamphlets
22 East 38th. Street
New York, New York 10016
(family relations, health, and science)

Public Health Nursing
1790 Broadway
New York 19, New York

Pet Milk Company
 Director of Home Economics
 1401 Arcade Building
 St. Louis, Missouri 63101
 (nutrition)

Pied Piper Shoe Company
 Box 118
 Wausau, Wisconsin 54402
 (foot care)

Pocketbooks, Inc.
 Rockefeller Center
 New York, New York

Planned Parenthood
 Federation of America, Inc.
 501 Madison Avenue
 New York, New York 10022
 (sex education)

Proctor and Gamble
 Box 599
 Cincinnati, Ohio
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Prudential Insurance Company of America
 Public Relations and Advertising
 Newark, New Jersey 07102
 (safety)

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 22 East 38th. Street
 New York, New York 10016
 (family relations, health, and science)

Public Health Nursing
 1790 Broadway
 New York 19, New York

Public Health Service
 United States Department of Health,
 Education, and Welfare
 Washington, D. C. 20025
 (health)

Publications Inquiry Unit
 United States Office of Education
 Washington 25, D. C.

Rutgers Center of Alcohol Studies
 Box 566
 Rutgers, The State University
 New Brunswick, New Jersey

Science Research Associates
 57 West Grand Avenue
 Chicago, Illinois 60610
 (health)

Smith-Kline and French Laboratories
 1530 Spring Garden Street
 Philadelphia 1, Pennsylvania

Superintendent of Documents
 United States Printing Office
 Washington, D. C. 20025
 (request free price lists; PL 31,
 education; PL 51, health; PL 71,
 Children's Bureau, and civil defense)

Swift and Company
 Agricultural Research Department
 Union Stock Yards
 Chicago, Illinois 60609
 (nutrition)

Tampax, Inc.
 161 East 42nd Street
 New York, New York 10017
 (menstrual hygiene)

Traffic Institute
Northwestern University
1804 Hinman Avenue
Evanston, Illinois

Traveler's Insurance Companies
Public Information and Advertising
Department
700 Main Street
Hartford, Connecticut 06115
(traffic safety)

Tuberculosis and Respiratory Disease League
Route #15, South
Lake Hopatcong, New Jersey

United Cerebral Palsy
369 Lexington Avenue
New York, New York 10017
(cerebral palsy)

United Fruit Company, Education Department
Pier 3, North River
New York 6, New York

United States Children's Bureau
Department of Health, Education, and Welfare
Washington, D. C. 20025
(child health and safety)

United States Department of Agriculture
Agricultural Research Administration
Bureau of Human Nutrition and Home
Economics
Washington, D. C. 20025
(nutrition)

United States Government Printing Office
Washington 25, D. C.

United States Office of Education
Department of Health, Education, and
Welfare
Washington, D. C. 20025
(health)

The Upjohn Company
Trade and Guest Relations Department
Kalamazoo, Michigan 49003
(vitamins)

Wheat Flour Institute
309 West Jackson Blvd.
Chicago, Illinois 60606
(nutrition)

World Health Organization
Office of Public Information
1501 New Hampshire Avenue, Northwest
Washington, D. C. 20006
(international health)

Yankee Shoemakers
Newmarket, New Hampshire 03857
(foot health)