

# Project ALERT and Comprehensive Health Education Standards Correlation

Arizona Department of Education  
(Adopted 4/28/97)  
(Performance Objectives Added 8/28/00)

## Standard 1 - Students comprehend concepts related to health promotion and disease Prevention

### Essentials (Grades 6-8)

Students know and are able to do all of the following:	Grade 6-8 Essential Performance Objectives	Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity	
1CH-E1 - Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability, and premature death	PO 1. Illustrate how positive health behaviors can prevent common injuries, diseases, and conditions	C 1, A 3, 4, 5, 6 C 8, A 6, 7, 8, 9 C 9, A 5, 6 C 10, A 1, 2, 3, 4, 5, 6	C 11, A 2, 3, 4, 5 B 1, A 2, 3, 6, 7 B 3, A 4, 5, 6, 7
	PO 2. Illustrate the harmful effects of tobacco, alcohol and other drugs	C 1, A 3, 4, 5, 6 C 2, A 1, 2, 3, 4, 5, 6, 7 C 3, A 1, 2, 3, 4, 6 C 4, A 2, 3, 4, 5, 6 C 5, A 2, 3, 4, 5, 6 C 6, A 3, 4, 5, 6 C 7, A 2, 3, 4, 5, 7	C 8, A 1, 2, 3, 4, 5, 6, 7, 8, 9 C 9, A 2, 3, 4, 5, 6 C 10, A 1, 2, 3, 4 C 11, A 2, 3 B 1, A 2, 3, 4, 5, 6, 7 B 2, A 2, 3, 5, 7 B 3, A 2, 5
1CH-E2 - Describe the interrelationship of mental, emotional, social, and physical health during adolescence	PO 1. Describe how thoughts, feelings, dealing with people, and being physically healthy are interconnected	C 1, A 3, 4, 5 C 2, A 1, 2, 3, 4, 5, 6, 7 C 3, A 2, 3, 4 C 4, A 2, C 5, A 2, 3, 4, 5, 6, 7 C 6, 3, 4, 5, 6 C 7, A 2, 3, 4, 5, 6	C 8, A 7, 8 C 9, A 5 C 10, A 3, 4 C 11, A 3 B 1, A 3, 4, 6, 7 B 2, A 2, 3, 4, 5, 6, 7, 8 B 3, A 2, 3, 4, 5, 6
	PO 2. Illustrate how variables stated above (in PO 1) interact as seen in case studies, movies, etc.	C 1, A 5 C 2, A 5 C 5, A 2, 5 C 7, A 2, 5	C 10, A 3 B 2, A 2, 5 B 3, A 5

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1CH-E3 - Explain how health, growth, and development are influenced by the interaction of body systems, genetics, environment, and lifestyles	PO 1. Develop a plan for a healthy environment and lifestyle and apply it to health, growth, and development	C 8, A 3, 4, 5, 7 C 10, A 5 C 11, A 4	
1CH-E4 - Describe how family and peers influence the health of adolescents	PO 1. Illustrate how family and peers effect the choices you make regarding health	C 1, A 3, 4, 5 C 2, A 5, 6, 7 C 3, A 2 C 4, A 2, 3 C 5, A 2, 3, 4, 5, 6, 7 C 6, A 2 C 7, A 2, 3, 4, 5, 6 C 8, A 8, 9	C 9, A 2, 3, 4 C 10, A 2, 3, 4 C 11, A 3 B 1, A 4 B 2, A 2, 3, 5 B 3, A 2, 3, 4, 5
1CH-E5 - Explain how environmental health and personal health are interrelated	PO 1. Compare healthy environments and healthy people with unhealthy environments and unhealthy people	C 4, A 2, 4, 5, 6, 7 C 8, A 2, 3, 4, 5, 6, 7, 8, 9	B 1, A 4, 7
1CH-E6 - Describe ways to reduce risks related to adolescent health problems	PO 1. Identify personal health behaviors that reduce health problems	C 3, A 5, 7 C 4 A 4, 5, 6 C 5, A 2, 3, 4, 5, 6, 7 C 6, A 2, 3, 4, 5, 6 C 7, A 2, 3, 4, 5, 6 C 8, A 4, 5, 6, 8, 9 C 9, A 3, 4, 5, 6	C 10, A 3, 4, 5, 6 C 11, A 3, 4, 5 B 1, A 5 B 2, A 2, 3, 4, 5, 6, 7, 8 B 3, A 2, 3, 5, 6
1CH-E7 - Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems	PO 1. Describe how living a healthy lifestyle and knowing family history can help a person live a more healthy life	C1, A 3, 4 C2, A 7 C 3, A 6 C 10, A 1, 2, 4	

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1CH-E8 - Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance, and wellness	<p>PO 1. Classify nutrients and identify uses in the body</p> <p>PO 2. Apply this knowledge of nutrients and balanced diet to your weight, appearance, and wellness</p>	None	
		None	