LIFE SKILLS

FOOD & NUTRITION

CHILD DEVELOPMENT & PARENTING

CAREER EDUCATION

HEALTH & FITNESS
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LEAD STUDENTS DOWN THE PATH TO DISCOVERY!

 Discovering Life Skills helps students explore life skills through project-based learning. The program guides students through the process of discovering themselves as they enter young adulthood. Cross-curricular content is integrated throughout in assessments and various features.

Sample online today at www.mheonline.com/discoveringlifeskills

Student Materials
Student Edition ........................................ 978-0-02-140049-2 .......... $57.93

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Teacher Materials
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1-year subscription ........................................ 978-0-02-142680-5 ............. $38.25
Teacher Edition ........................................... 978-0-02-140051-5 .......... Available print-on-demand via Create®
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MANAGING LIFE SKILLS ©2016

Grades 10–12

BUILD STUDENTS’ INDEPENDENT LIVING SKILLS

Managing Life Skills prepares students for success beyond high school through project-based pedagogy. Students get information on scholarships and the college application process. They also learn about résumé writing, job interview preparation, and portfolio building. Financial literacy education and 21st Century Skills are integrated.

Sample online today at www.mheonline.com/managinglifeskills

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FOOD, NUTRITION & WELLNESS ©2016

Grades 6–10

DEVELOP HEALTHY EATING AND FITNESS HABITS

Food, Nutrition & Wellness focuses on nutrition basics, food prep, and kitchen basics with emphasis on safety and sanitation. It expands the content information about International and cultural foods with the focus on Project-based learning. Unit projects provide opportunities for students to apply what they learned to help build relationships at home, school, work, and in the community.

Sample online today at www.mheonline.com/foodnutritionwellness

Student Materials
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Online Student Editions
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Chapter 33 Mixed Foods and Snacks
Chapter 34 Desserts
Culinary Essentials teaches students about the roles and functions of people engaged in food production and foodservice careers emphasizing the basics of nutrition, consumer skills, food science principles, and lab-based food preparation techniques. The hands-on approach includes unit-length projects, certification prep activities, lab applications, and step-by-step illustrations. Culinary Essentials is the perfect tool to get ready for SkillsUSA competitive events and prepare for advanced culinary studies.

Sample online today at www.mheonline.com/culinary_essentials

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1-year subscription ........................................ 978-0-02-142848-9 .......... $38.25
Teacher Edition ........................................ 978-0-02-139720-4 .......... $89.91
Grades 9–12

Food for Today provides students with the information and skills they need to make safe and healthful food decisions, plan and prepare meals safely, and appreciate the diversity of foods. It emphasizes the basics of nutrition, consumer skills, food-science principles, and lab-based food preparation techniques.

Sample online today at www.mheonline.com/foodfortoday

Student Materials
Student Edition ........................................ 978-0-02-139994-9 ........ $66.54

Online Student Editions
Online Student Edition, 6-year subscription .................. 978-0-02-139908-6 ....... $66.54
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1-year subscription ........................................ 978-0-02-137826-5 ........ $77.61

Teacher Materials
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Teacher Edition ........................................ 978-0-02-139996-3 ...... Available print-on-demand via Create™

mheducation.com/prek-12
Child Care Today provides a solid introduction to both the theory and practice of caring for young children. Explicitly designed for high school students, Child Care Today explores career options, examines the latest theories in early childhood development, offers practical tips for day-to-day child care activities, and introduces students to the practical realities of working in a child care business. Students will practice developing educational programs and activities and learn about health and safety concerns. The Child Development Associate Certification Modules in ConnectED help prepare students for the CDA credential and the Pre-PAC Certifications from AAFCS.

Sample online today at www.mheonline.com/childcare_today

**Student Materials**

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**Online Student Editions**

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Print and Online Student Edition,
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1-year subscription ........................................ 978-0-02-140472-8 ........... $77.61

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Online Teacher Center,
6-year subscription .................................... 978-0-02-140296-0 ........... $163.92
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PRACTICE LIFETIME LEARNING SKILLS

The Developing Child is a comprehensive overview of the ages and stages of child development using an observation and scientific approach. Students learn how child development theory relates to parenting and workplace applications. Safe Child/Healthy Child activities and Expert Advice tips are found throughout the text. Unit-long projects reinforce concepts through application. Information and activities on special needs children are integrated.

Sample online today at www.mheonline.com/developing_child

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Teacher Edition ........................................ 978-0-02-140002-7 ........ Available print-on-demand via Create*
EXPLORING CAREERS

CAREER EXPLORATION FOR MIDDLE SCHOOL STUDENTS

Exploring Careers engages students through a fun, game-like online learning experience with a travel theme. It offers:

- An introduction to the 16 career clusters
- Career Portfolio Projects to investigate careers
- Individualized learning plans to achieve career goals
- Complete easy-to-use Learning Management System for adult educators

Student Materials

6-year subscription ......................................... 978-0-07-890906-1 ........ $98.37
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Teacher Materials

Teacher Access, 6-year subscription ...................... 978-0-07-664450-6 ........ $191.79
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Up to 200 users/school/year, 1-year subscription ....... 978-0-07-663364-7 ........ $3,684.69

Customer Service 1-800-334-7344
This high school careers program uses project-based learning to teach skills essential for success in the workplace. The program features:

- Rigorous academic content, technical skills, and workplace skills
- A blended learning model (combination of print and digital)
- Online resources to download and print

Student Materials

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Up to 200 users/year/school,
1-year subscription ................................. 978-0-07-663313-5 ........................................ $3,488.01

Each subscription is per building.
TEEN HEALTH

A flexible, digital program with supplemental print modules, Teen Health engages middle school students with real-world, hands-on activities and interactive multimedia resources. The hybrid approach to teaching middle school health allows you to select the topics relevant to your students and provide them print or online content at home or in the classroom. All materials are correlated to health, reading, math, and science standards.

Customize content for your classroom

- Deliver relevant content through comprehensive, interactive resources, and hands-on activities
- Utilize pre-built lesson plans or build your own
- Access activity suggestions for each topic

Connect students to real-world situations

- Web Quest challenges students to relate lesson concepts to current health news and research
- Fitness Zone provides podcasts, videos, and activity cards for students to explore real-life health topics
- National Health Standards and today’s teen issues are covered throughout the program
Choose the right resources for you and your students

- Digital handbooks highlighting the benefits of fitness and nutrition
- Audio summaries at the end of each lesson highlight the concepts learned
- Spanish Student Edition for English Language Learners
- Core content focusing on the 10 essential health skills

Grades 6–8

- Incorporates real-world news
- Offers access to multiple resources
- Provides easy navigation
- Includes hands-on activities and interactive resources
- Provides project-based learning

Flip 4 Fitness

- Focuses on the five elements of fitness to help students set and reach their fitness goals.
- Offers tips on how to make each activity safe, fun, and productive.

Select content tailored to the specific needs of your class

Print modules allow you to select content tailored to the specific needs of your teenaged students. The following chapters focus on today’s hot topics:

- Building Healthy Relationships
- Building Character and Preventing Bullying
- Mental and Emotional Health
- Conflict Resolution and Violence Prevention
- Nutrition and Physical Activity
- Health During the Life Cycle
- Your Body Systems
- Tobacco, Alcohol, and Other Drugs
- Preventing Disease
- Safety and a Healthy Environment
- Healthy Relationships and Sexuality Student Resources

In the News section provides current and updated statistics and data.

Interactive worksheets are submitted and assessed online. Videos encourage your students to explore real-life health topics. Graphic Organizers help students organize their notes and ideas. Audio pronunciation guide and lesson summaries aid comprehension. Bilingual Glossary contains vocabulary words/terms with definitions in Spanish and English.

Fitness zone podcasts, videos, and activity cards in every module

mheducation.com/prek-12
Students have fun as they learn to be physically fit. Teachers can assess students’ fitness levels and develop customized fitness plans using:

- Clipboard Energizer Activities
- Fitness Videos and Tips
- Polar Heart Rate Monitor Activities
- Podcasts
- Nutrition, Physical Activity, and Injury Prevention tips

**Teacher Resources**

The online teacher resources provide one easy-to-use portal with everything you need to plan, teach, and assess. You can create your lesson plans for the day, week, month, or year.

**Lesson Plans**: Use pre-built lesson plans or build your own.

**Manage + Assign**: Create assignments and review student work in one place.

**Assess**: Save time with online quizzes and assessments.

**Resources**: Access activity suggestions for each topic.

**Project Center**: Assign and review project work online.

**Online Student Editions**

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<th>ISBN</th>
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<td>978-0-07-663971-7</td>
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<td>Single user, 1-year subscription</td>
<td>978-0-07-662554-3</td>
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<td>*Teacher Center, 6-year subscription</td>
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**Online Student Edition with Healthy Relationships and Sexuality Module**

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**Supplemental Print Modules**

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<td>Tobacco, Alcohol, and Other Drugs</td>
<td>978-0-07-664046-1</td>
<td>$13.92</td>
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<tr>
<td>Building Character</td>
<td>978-0-07-664055-3</td>
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GLENCOE HEALTH

FLEXIBLE ACCESS TO HANDS-ON HEALTH

*Glencoe Health* is a comprehensive health program that can be delivered online through ConnectEd as well as in a traditional print format. The flexible format allows you to engage high school students in an exploration of health and wellness, wherever you are on the digital path. Real-world application of health skills provides students with the understanding they need to create an individualized plan for a healthy life.

**Guide students to achieve health literacy**
- Comprehensive coverage of today’s physical fitness instruction encourages a healthy lifestyle
- Real-world issues help students understand how healthy behavior affects their daily life

**Utilize content built on the 10 health skills**
- An all-inclusive health course developed from the National Health Education Standards
- Fitness and nutrition activities encourage students to lead an active and healthy lifestyle
- Fitness Zone helps teachers develop customized fitness improvement plans for students

**Access program content in the manner that best fits your needs**
- Explore the program online, in print, or a combination of both
- Differentiate instruction with customizable lessons and assessments

**Grades 9–12**
- Content built on the 10 National health skills
- Active learning to engage students
- Fitness and Nutrition activities
- Customization options for your entire program
- Online features that keep your program current

**Online Student Edition:** Encourages interaction and guides students to immediately apply what they learn.

**Fitness and Nutrition:** Engages students with projects, community involvement, and activities that promote healthy lifestyles.

**Real-World Connections:** Provide links to trusted media sources and real-life experiences.

**Technology:** Delivers content in a format that interest teens.

*Glencoe Health* has reliable, trusted content built on 10 health skills developed from the National Health Standards to ensure an all-inclusive health course.

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- Unit 1 A Healthy Foundation
- Unit 2 Mental and Emotional Health
- Unit 3 Healthy and Safe Relationships
- Unit 4 Nutrition and Physical Activity
- Unit 5 Personal Care and Body Systems
- Unit 6 Growth and Development
- Unit 7 Drugs
- Unit 8 Diseases and Disorders
- Unit 9 Safety and Environmental Health
<table>
<thead>
<tr>
<th>Health Skill</th>
<th>Benefit to Your Health</th>
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<tbody>
<tr>
<td>Communication</td>
<td>You share your ideas and feelings, and listen carefully when others express theirs.</td>
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<tr>
<td>Refusal</td>
<td>You say no to unhealthy behaviors.</td>
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<tr>
<td>Conflict Resolution</td>
<td>You resolve problems with others in healthy ways.</td>
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<tr>
<td>Accessing Information</td>
<td>You locate valid sources of health information, products, and services.</td>
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<tr>
<td>Analyzing Influences</td>
<td>You understand the many influences on your health, including peers, family, culture, media, and technology.</td>
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<tr>
<td>Practicing Healthful</td>
<td>You act to reduce risk and protect yourself against illness and injury.</td>
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<tr>
<td>Behaviors</td>
<td></td>
</tr>
<tr>
<td>Stress Management</td>
<td>You use healthy ways to reduce and manage stress in your life.</td>
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<tr>
<td>Advocacy</td>
<td>You work to improve your own health and the health of your family and community.</td>
</tr>
<tr>
<td>Decision Making</td>
<td>You use a step-by-step process to evaluate your options and make healthy choices.</td>
</tr>
<tr>
<td>Goal Setting</td>
<td>You set goals and develop a plan to achieve those goals.</td>
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</tbody>
</table>
Students have fun as they learn to be physically fit. Teachers can assess students’ fitness levels and develop customized fitness plans using:

- Clipboard Energizer Activities
- Fitness Videos and Tips
- Polar Heart Rate Monitor Activities
- Podcasts
- Nutrition, Physical Activity, and Injury Prevention tips

**Student Center**

- Online Student Edition and editable worksheets
- Two-way communication
- Podcast activities
- Online review, quizzes, and chapter tests
- In the News section
- Resource Library and Web links

**Teacher Center**

- Annotated Student Edition
- Customizable lesson plans with standards correlations
- Assignment management and tracking
- Two-way communication
- Web links and whiteboard activities
- Coded Activities for all levels of learners

*Glencoe Health* offers comprehensive resources to help health teachers integrate MyPlate instruction into the classroom. A series of 28 student and teacher worksheets are available in the Teacher Resources section of ConnectED to help students understand how to plan healthy meals and keep food safe.

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Informative Guide to Managing Injuries

*Essentials of Athletic Injury Management* provides the information needed to manage the care of athletic injuries – from prevention, identification and assessment of injuries to interaction with players, parents and physicians. Designed for students interested in careers in coaching, physical education and fitness, this text prepares students to manage injury and emergency situations when an athletic trainer or physician is not available. The text includes action plans, checklists and applications of universal precautions in athletic environments to get started in the field.

- Online Learning Center (OLC) featuring support materials for students and teachers
- Downloadable eBook available through ConnectED

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