



Holistic Health Education

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1. “Required” Standard: Nutrition and Physical Fitness

Physical Fitness is either your sport/activity or following this assignment for 1 hour a week:

□ 1.1 Physical Fitness

Project-Exercise Goal

Peruse these articles about types of exercise:

[How to Get Fit & Stay Healthy: Tips for Teens - HealthyChildren.org](#)

[Types of Exercise - HealthyChildren.org](#)

Now read [Exercises That Burn the Most Calories](#) article.

- Do you care how many calories you burn when exercising?

Here are some ideas for exercise: [Physical Activities for Teens - HealthyChildren.org](#)

Plan

Write a plan for how you will move your body at least 3 times a week for 20 minutes each day. Include a measurable goal for 90 days at a time. An example of a measurable goal is: I will be able to lift x amount of weight, I will be able to jog the entire 5 miles, or run 5 miles in x amount of time, I will be able to walk up 1-2 flights of stairs without getting out of breath, etc. These are all goals that you can “measure” your beginning ability and compare it to your 90 day ability. Use this [Goal Log](#) from your dashboard to track your progress.



Physical Activity Goal Tracker

Record your fitness journey here.

Write a plan for how you will move your body. Include a measurable goal for a 90 day period.

An example of a measurable goal is:

- I will be able to lift ____ amount of weight.
- I will be able to jog ____ miles in ____ minutes.
- I will be able to place my hands flat on the ground while bending over.

These are all goals that you can “measure” your beginning ability and compare it to your 90 day ability.

Show your teacher your measurable 90 day goal. Demonstrate your current ability with that goal. Write down your baseline achievement. At the end of each month, demonstrate your progress towards your goal. Write it down in your log. When the 90 days are over, attempt to achieve your goal one more time. Make notes of your progress and whether you achieved your goal or not.

Goal Setting & Start Date

Start date: _____ (90 days later date: _____)

My 90-day physical activity goal: (Example: “I can jog for 20 minutes continuously before needing to walk.”)

My starting point: (Example: “I can jog for 3 minutes continuously before needing to walk.”)

Present

Show your teacher your measurable goal. Demonstrate your current ability with that goal. Write down your baseline achievement. At the end of each month demonstrate your progress towards your goal. Write it down in your log. When the 90 days are over, attempt to achieve your goal one more time. Make notes of your progress and whether you achieved your goal or not. What would you change in order to accomplish that goal? OR write another exercise goal for the next 90 days. Continue this activity for the rest of your life! :)

□ 1.2 Nutrition Basics

For the classes at Alison.com after clicking on the class link, you can click the green “start learning” button. An ad may pop up, just close it. It will then prompt you to sign up for a free account. Once you have a log in email and password, you can click the start learning button again. If you logout or just close your window, there is a green button “continue learning”, that takes you right back to where you left off or you can go to your dashboard and the continue learning button is there too. When you complete the quiz, the % earned will be at the bottom left side of the screen. You do not need to print a certificate.

** [Human Health - Diet and Nutrition | Alison](#) Read through the slides and take the assessment. Retake the assessment for a final grade.

□ 1.3 Food Groups

Reflect

Grab your calendar/schedule and think back on your last week.

- How many days did you NOT eat any vegetables?

If you eat a lot of fast food, it's very easy to go days without eating a single vegetable! Even when you eat at home for every meal, some meals may not include veggies. If you aren't conscious about what you consume it can have a lasting effect on your body in a negative way.

Read and Respond

[A Teenager's Nutritional Needs](#)

- a. What is the difference between complex and simple carbs?
- b. Which one do you think would also be called “empty” carbs?

[How many calories should you eat per day?](#)

- c. What 4 things determine how many calories a teenager needs daily?
- d. What is the calorie range for a male and female age 16-18?

The USDA states that nutrient rich, whole foods make us healthier and prevents diet related diseases. Read this infographic from them: [The Dietary Guidelines for Americans Can Help You Eat Healthy To Be Healthy](#)

Now compare these two plate guidelines. [Healthy Eating Plate vs. USDA's MyPlate - The Nutrition Source](#)

- e. Comparing graphics, what are the 4 differences in recommended food groups between the two plates?
- f. Which one do you think is healthier? Why?

1.3 continued

[The truth about fats: the good, the bad, and the in-between - Harvard Health](#)

- g. What are the two types of good fats?
- h. List 3 foods with each type of good fat.

Read about these suggestions and considerations: [Healthy Eating Plate - The Nutrition Source](#)

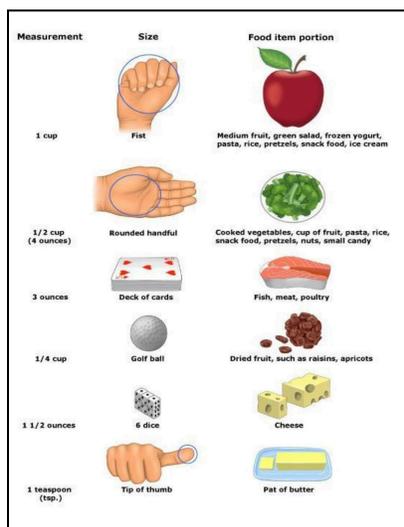
□ 1.4 Serving Sizes

Read

[Changes to the Nutrition Facts Label: What Parents Need to Know - HealthyChildren.org](#)

Watch this video: [FDA CME Companion FINAL OUTPUT on Vimeo](#)

Evaluate this [Serving Sizes](#) graphic from your dashboard and test it by using measuring cups to compare to your hand.



Reflect

Knowing that most families eat fast food a couple times a month or more, you are going to evaluate how you can make changes to your order to make healthier choices.

Research and Respond

Look up the nutritional menu of your favorite hamburger fast food place.

- How many servings and calories are in a double burger and also in a large fry?
- How many total calories is the meal after you add a large soda?
- List all the ingredients in the burger. Thinking back to the nutritional food groups, mark which ingredients you would consider healthy?
- Do you think this meal is well balanced for the amount of calories it is?
- If your calorie intake as a teenager is 2,800 for boys, 2,200 for girls, how many calories would be left for the rest of the day before going over this amount?
- Read tips for making healthier choices: [Choose This, Not That: Healthy & Unhealthy Choices at Fast Food Restaurants - HealthyChildren.org](#)
 - Write down 2 changes to the order that you could request to make this double burger meal a little healthier. Be honest, would you still eat it with these changes?
- Now find a combo meal or entree item on the menu that has the least calories.
 - How many calories and servings is it?
 - Compare it to the burger meal. Would you consider choosing it instead?

□ 1.5 Diet Related Health Challenges

Research

How does poor nutrition or a lack of nutrients lead to these health challenges? In other words, what contributes to causing them? Write a short answer for each.

- a. Obesity-Here's a jumpstart [Childhood Obesity: A Complex Disease - HealthyChildren.org](https://www.healthychildren.org/)
- b. Heart Disease
- c. Diabetes
- d. Hypertension
- e. Scurvy
- f. Vitamin D deficiency
- g. Vitamin B deficiency

Reflect

If you know your family history, find out if you have a family member who has suffered from one of the above conditions.

- Do you think it's possible you are predisposed to it as well?
- If you didn't find any family history of disease or don't know your family history, which one worries you the most if you were to have it?

Respond

- h. Based on your reflection answers, what could you do now to prevent getting that condition?
- i. What is recommended to manage it if you develop it?
- j. Through researching, find if there are any alternative remedies that could help prevent it or treat it if diagnosed?

□ 1.6 Sugar Overload

Read and Respond

[Added Sugars on the Nutrition Facts Label | FDA](#)

- a. How many grams of added sugar is the maximum you should consume in a day based on a daily 2,000 calorie diet?

Learn about: [Sneaky Sources of Added Sugar | INTEGRIS Health](#) and [Are Artificial Sweeteners Bad for You?](#)

- b. Artificial sweeteners can be up to _____ times more sweet than sugar.
- c. What does that amount of sweetness do to your brain?

Now think about your favorite treats.

- d. How many grams of added sugar does your favorite drink have?
- e. How many calories is a single serving of your favorite dessert and grams of added sugar?

Here is a list of some names that are sources of sugar: *fructose, sucrose, dextrose, maltose, syrups-rice syrup, maple syrup, corn syrup, high fructose corn syrup, honey, molasses, agave, fruit concentrates, fruit nectars, cane juice, invert sugar, dextrin, sweet sorghum.*

- f. Time to do a little digging. Google search for a spaghetti sauce brand that does NOT have sugar in it. Are you surprised at your findings?

Now look through your kitchen and find 10 items that have any kind of sweetener on the label.

- g. Write down the names of each item
 - i. What kind of sugar(s) do they have?
 - ii. How much added sugar (or total, if added is not listed) do they have?
 - iii. Which items were a surprise?
- h. Choose 2 of the items on your list that have added sugars and google a different brand with no added sugar that your caregiver could buy instead. If you can't find a brand with no sugar, can you find a recipe to make it?

Reflect

Added sugar is in many foods we would not think it's in, like garlic salt seasoning. Even if you ate very few sugary treats, it's surprisingly easy to reach your maximum amount of recommended daily added sugar when it's in sneaky foods we don't think it would be in.

- What's your favorite sweet treat?
- How often do you consume it?
- How often do you have a sugary drink?
- Would you rather eat your max grams of sugar or drink them?
- How do you feel about consuming more total sugars than your body should have?

□ 1.7 Dangerous “Enhancements”

Research

Read these articles as a starting point: [Sports Supplements](#) [Energy Drinks](#) and [Caffeine](#) for kids

Discover the harmful effects of these “body enhancements” and list at least 2 for each.

- a. Diet pills
- b. Anabolic steroids
- c. Energy drinks
- d. Protein shakes
- e. Sugary Coffee
- f. Soda

Reflect

- Have you used any of these enhancements?
- Did it alter your brain or body in any way?
- After reading about the harmful effects of these, have you reconsidered using any of them?

Respond

- g. Which enhancements would you still use?
- h. Will you still use the same daily amount of them?
- i. List a healthy alternative you could substitute for each enhancement.
 - i. Diet pills
 - ii. Anabolic steroids
 - iii. Energy drinks
 - iv. Protein shakes
 - v. Sugary Coffee
 - vi. Soda

□ 1.8 Harmful Ingredients

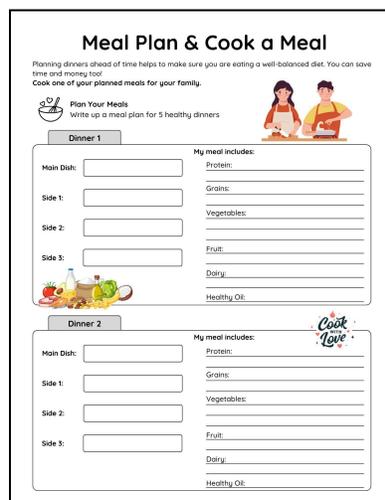
Research and Respond (ewg.org or safecosmetics.org are good resources)

- Why are there ingredients still approved by the U.S. Food & Drug Administration and yet restricted or banned in Europe?
- What harm does glyphosate cause the body?
- What harm does high fructose corn syrup cause the body?
- Thinking backwards, consider a concern we have with our health and then research possible ingredients/chemicals that contribute to it. Write which health concern you read about and list 2 possible ingredients for it.
- You now have a list of 4 ingredients that are bad for our health. (glyphosate, HF corn syrup, and what you found while researching) List 5 products that have any of these 4 ingredients in them. (You might even be able to find some in your house)

□ 1.9 Meal Plan & Cook

** Project: Use the provided Meal Planner from your dashboard as a guide

Planning dinners ahead of time helps to make sure you are eating a well balanced diet. You can save time and money too!



Meal Plan & Cook a Meal

Planning dinners ahead of time helps to make sure you are eating a well-balanced diet. You can save time and money too!
Cook one of your planned meals for your family.

Plan Your Meals
Write up a meal plan for 5 healthy dinners

Dinner 1

Main Dish:

Side 1:

Side 2:

Side 3:

My meal includes:

Protein: _____

Grains: _____

Vegetables: _____

Fruit: _____

Dairy: _____

Healthy Oil: _____

Dinner 2

Main Dish:

Side 1:

Side 2:

Side 3:

My meal includes:

Protein: _____

Grains: _____

Vegetables: _____

Fruit: _____

Dairy: _____

Healthy Oil: _____

Cook with Love

Present

Using the [printable portion plate](#) as your guide, serve your family members their meal.

Tell them about 2 or 3 things you learned, either while planning your meals, cooking or serving your meal.

** = 2 day assignment, *** = 3 day assignment, **** = 4 day assignment

□ 1.10 Healthy Weight

Research

Weight management is a billion \$ industry. The vast majority of Americans need to lose weight at some point in their lives. Typically, excess weight is caused by too many calories beyond what our bodies use in a day. That means we are eating too much, OR, the foods we eat have a high calorie count because it lacks good nutrients and our body turns it into fat. These high calorie, low nutritious foods are often a result of eating fast food and empty carbs (junk food).

- Look up how many calories is a Big Mac meal at McDonalds and a Crispy Chicken sandwich meal at Chick-fil-A (or any chicken place), assuming you ordered it with a nondiet soda, whatever size it comes with.
- Compare the total calories of these meals to what your daily max should be using this [calculator](#).

Reflect

- Based on the Plate diagram, [Healthy Eating Plate vs. USDA's MyPlate: Nutrition Source](#) could either of these meals fill the plate? (scroll to top to compare)
- Read this article about BMI. [Body Mass Index: Chart, Calculation, & Healthy BMI](#)
- Knowing that Dr.'s still use this evaluation and that it isn't very accurate for most people, how would you instead, assess whether you were a healthy weight or not?

Respond

Use this tool [Nutrition Data Tools](#), or any app, for your answers to the [Calorie Tracker](#) found on your dashboard.

Track your total calories for 1 day on a day that you think you ate really healthy. See what your total daily intake was and compare it to your recommended daily amount.

The image shows a 'Calorie Tracking' form. At the top, it says 'Calorie Tracking' and 'Do you think you ate healthy today? Track your calories below. Compare your calorie intake to your recommended daily amount from MyPlate or use the online tracker: [http://www.choosemyplate.gov](#)'. Below this, there are two tables. The first table is titled 'Breakfast' and has columns for 'Food/Ingredients', 'Calories', 'Dishes', and 'Calories'. The second table is titled 'Lunch' and has the same columns. Both tables have several empty rows for data entry.

Without thinking about how many servings of each were, review your lists and compare how many foods you consumed were healthy ones and not considered healthy?

Now armed with a snapshot of one of your healthy eating days answer these questions:

- Are you surprised by anything?
- Did you fill in something for every healthy food group?
- If you wanted to consume less calories, what could you change?
- If you wanted to consume more nutrient dense calories, what could you change?

□ 1.11 Sleep

Read and Respond

[How Sleep Works - Your Sleep/Wake Cycle | NHLBI, NIH](#)

- a. What's the name of the 24 hour rhythm your body follows?
- b. What hormone increases to make us tired?

[How Much Sleep Should A Teenager Get?](#)

- c. How many hours of sleep is recommended for teenagers?
- d. A lack of sleep can affect what 4 areas of your life?
- e. What are 3 ways you would choose to improve your sleep?

[What Are Sleep Deprivation and Deficiency? | NHLBI, NIH](#)

- f. What are the 7 chronic health problems that sleep deficiency can cause?

Reflect

- How much sleep do you get on average per night?
- Do you feel rested most of the time?
- Do you work/learn better in the morning or at night?
- What can you do to adjust your schedule to accommodate your need for sleep if you don't feel like you're getting enough?
- How do you think adequate sleep improves your mental health?

Reminder:

** = 2 day assignment, *** = 3 day assignment, **** = 4 day assignment

□ 1.12 Seed Oils

** Project-find and make a recipe

Peruse these articles to understand what seed oils are.

[Seed Oils: Are They Actually Toxic?](#)

- a. How are seed oils processed and what is often added to them?
- b. Knowing how they are processed and what ingredients are in seed oils do you think the potential benefits of lowered cholesterol outweighs the increase in negative effects on the body from the changes in the original oil from the seed?
- c. What is the ideal ratio of Omega 6 to Omega 3 fatty acids and what is the average person's actual ratio?

[Are seed oils toxic? The answer is complicated, according to research | PBS News](#)

- d. An increase in ratio of Omega 6 to Omega 3 can cause what conditions?

Ponder

- What did you think of those articles and the concern about consuming seed oils?
- Crackers, chips, salad dressing, almost any boxed/bagged food item, etc have seed oils in them. One reason seed oils are in foods is because they are cheap to use. How much processed foods do you eat?
- If you could buy all your food, would you opt for foods without seed oils, even if the food was more expensive because they used avocado or olive oil?
- The type of seed oil and how you consume it makes a difference. If your family uses a seed oil on a regular basis, discuss the concerns and consider any healthier options.

Present

- e. Find 5 products in your house that have a seed oil in them.
- f. Find 2 recipes that could replace something in your house.
- g. Make one and serve it to your family. See if you can sneak it in and if they notice a difference. (When I find a recipe I like to wash a store bought container, like dressing bottle that already has a label, and then refill it with my homemade, but you can reuse any container)
- h. Do you like your homemade product? Did anyone like it? The biggest downside to homemade foods is they do not have preservatives therefore, they will go bad quicker, meaning you often need to store them in the fridge to last longer.

□ 1.13 Artificial Food Dyes

**** Project-blind taste test to compare dye and dye free foods**

Peruse

Scroll to the bottom and read 3 studies or research articles from here. [RESOURCES | To Dye For](#)

Ponder

- What is something that you learned is a negative side effect of food dyes?
- Do you think you have had any effects from eating dye?
- Do you think it's a big enough deal to stop eating food dye?

Project!

Look at the synthetic dye list and snack lists half way down the page. [RESOURCES | To Dye For](#) Discuss with a parent about having a blind food contest with either family members or friends. It would be especially fun to do this with people that normally eat synthetic dye foods. Choose the same items of both dye and dye free. Set up both options and blind folds for each contestant. Give them both options to taste and write down which one they think is dye free. Take blind folds off and let them now guess, based on looks and then tell them if they were correct. Ask them what they thought and if they liked the dye free options.

Present

Share some of your new knowledge about the detriments of synthetic dyes and see if you can convince anyone to consider switching some of their food choices. (An added bonus is that the dye-free version is often cheaper too!)

□ 1.14 Microwave Cooking

Read

Microwave safety & nutrition

Read these sections: Benefits, What is Microwave Radiation & Cooking with Microwaves
[Microwave Ovens | FDA Safety Info](#)

[Is it safe to microwave food?](#)

[Does Microwaving Your Food Destroy Its Nutrients?](#)

Affects on Breastmilk

[Effects of Microwave Radiation on Anti-infective Factors in Human Milk | Pediatrics | American Academy of Pediatrics](#)

Read the first 4 sections-through “Can you microwave breastmilk”

[How to Warm Breast Milk: Safety Tips and More](#)

Plastics and microwave concerns

[Bisphenol A \(BPA\) | National Institute of Environmental Health Sciences](#)

Now compare this opinion:

[Ditch Your Toxic Microwave: 10 Reasons to STOP Microwaving Your Food - Ask Dr. Ernst](#)

Respond

- a. Explain how a microwave heats food.
- b. Give concerns, examples or considerations related to microwaving food for each topic:
 - i. Nutrient changes in food
 - ii. Heating food in plastic containers
 - iii. Uneven heating
- c. List one safer or healthier alternative for each situation below:
 - i. Heating leftovers
 - ii. Cooking packaged meals
 - iii. Cooking vegetables
 - iv. Warming breastmilk
 - v. Warming drinks
 - vi. Defrosting frozen food

Reflect

- How often do you use a microwave to heat or cook food?
- What types of containers do you usually use when microwaving food?
- Did any of the information surprise you or change your understanding of microwave safety?
- Will you continue to use a microwave if you currently have been?

2. Optional Standard: Nutrition and Physical Fitness

Nutrition Documentaries

Complete a Reflection Form from your dashboard documents after viewing a documentary.

2.1 ** **Beyond Impossible** (2022) | NR | 1h 22m

Beyond Impossible exposes the corruption of the fake meat industry.

2.2 ** **Diet Fiction** (2019) | NR | 1h 24m

The film exposes the most popular diets on the planet as well as several misconceptions about weight loss and nutrition.

2.3 ** **Fat: A Documentary** (2019) | PG-13 | 1h 35m

Health expert Vinnie Tortorich exposes the history behind widespread myths and lies regarding healthy eating, fat and weight loss.

2.4 ** **Fat Fiction** (2020) | PG | 1h 42m

This documentary film examines the history of the U.S. Dietary Guidelines and questions decades of dietary advice insisting that saturated fats are bad for us.

2.5 ** **Fed Up** (2014) | PG | 1h 32m

This film uncovers why, despite government policies to combat childhood obesity, generations of American children will now live shorter lives than their parents did!

2.6 ** **Food Choices** (2016) | PG | 1h 31m

This documentary explores the impact that food choice has on people's health, the health of our planet and on the lives of other species sharing our world.

2.7 ** **The Food Hospital** (2011-13) | TV-14 | 2 Seasons

Choose 2 episodes

An emerging area of medical science, The Food Hospital examines the science behind using food as medicine, tackling patients' health problems through the food they eat.

2.8 ** **Food Inc** (2008) | PG | 1h 34m

Controlled primarily by a handful of multinational corporations, the global food production business has goals of large quantities of food at low direct inputs which in turn results in greater control of the global supply of food sources within these few companies. Health and safety are often overlooked by companies, and are often overlooked by the government in an effort to provide cheap food regardless of negative consequences.

2.9 ***** **Foods That Cure Disease** (2018) | PG | 4h 16m

Certified by Cornell in plant nutrition, Craig asks experts hard science questions and creates delicious healthy meals in his kitchen based on years of research.

2.10 ** **Forks over Knives** (2011) | PG | 1h 30m

This film examines the profound claim that most, if not all, of the so-called "diseases of affluence" that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.

2.11 ** **Fork Your Diet** (2019) | NR | 1h 47m

Doctors from all parts of the country, take two mid-lifers approaching senior status and turn their health and lives around in this wellness documentary.

2.12 **Gluten: Public Enemy?** (2021) | PG | 44 min

Today, a growing segment of wheat products have become tainted, and people have taken up the task of finding out why.

2.13 **How Ultra-Processed Food Is Slowly Killing Us** (2022) | 44 min

This documentary examines the science behind a re-examination of traditionally accepted health advice and the emergence of new evidence that makes sense of the looming health problems we face.

2.14 ** **Raw. Vegan. Not Gross** | G | 10 episodes Choose 4 episodes

Laura Miller offers delicious recipes to prove that eating a raw or vegan diet doesn't have to be filled with uninteresting food.

2.15 ** **Super Size Me** (2004) | PG-13 | 1h 40m

Morgan Spurlock conducts an unscientific experiment using himself as the guinea pig: eat only McDonald's for thirty days, three meals a day.

2.16 ** **That Sugar Film** (2014) | NR | 1h 30m

One man's journey to discover the bitter truth about sugar.

2.17 ** **The Magic Pill** (2017) | TV-14 | 1h 31m

People around the globe are combating illness through a paradigm shift in eating. Embracing fat as our main fuel is showing profound promise in improving the health of people, animals and the planet.

2.18 **The Meat Lobby: Big Business Against Health** (2016) | NR | 53m

Industrial giants are able to stall and orientate policy decisions that directly affect public health. No tactics seem too extreme.

2.19 ** **The Perfect Human Diet** (2012) | NR | 1hr 30m

The Perfect Human Diet is the unprecedented global exploration for a solution to our epidemic of overweight, obesity and diet-related diseases - the #1 killer in America.

2.20 **Veganize Me** (2021) | NR | 56m

Veganise Me is one person's test of going from a healthy meat diet to a healthy plant-based diet for around 9 months.

2.21 ** **What the Health** (2017) | PG | 1h 37m

Kip Andersen uncovers the impacts of highly processed industrial animal foods on our personal health and greater community.

2.22 ** **To Dye For: The Documentary** (2024) | NR | 1h 24m

After discovering that their child has a life-altering sensitivity to synthetic dyes, parents and first-time filmmakers Brandon and Whitney Cawood are documenting their journey to unravel the impacts of synthetic dyes.

Additional Fitness Classes: all on Alison.com

- 2.23 ** Video Class: [Motivation & Mindset of Weight Loss | Alison](#)

The concepts addressed in this class are really good. Many could be applied to various parts of our lives, not just weight loss.

- 2.24 **** Video Class: [From Meal Plans to Home Workouts | Alison](#)
- 2.25 ** Video Class: [Fundamentals of Kinesiology | Alison](#)
- 2.26 *** Video Class: [Muscle Building Without A Gym | Alison](#)
- 2.27 ** Video Class: [Flexibility, Calisthenics, Plyometrics | Alison](#)

Additional Nutrition Classes: all on Alison.com

- 2.28 ***** Video Class: [Introduction to Food and Nutrition | Alison](#)

This class is very thorough and appears to be better than the “required” 1.2, but obviously it is a much longer class.

- 2.29 ** Video Class: [Basics of Food Security and Nutrition | Alison](#)
- 2.30 ** Video Class: [Nutrients - The Fundamentals | Alison](#)
- 2.31 *** Video Class: [Healthy Eating and Healthy Living | Alison](#)
- 2.32 ** Video Class: [Introduction to Micronutrients Course | Alison](#)
- 2.33 *** Video Class: [Nutrition Science Course | Alison](#)
- 2.34 *** Video Class: Intermediate [Superfoods: Nutrition for Health | Alison](#)
- 2.35 *** Video Class: [Nutrients - The Fundamentals | Alison](#)
- 2.36 ** Video Class: Intermediate [Vegan Diet and Lifestyle | Alison](#)
- 2.37 *** Video Class: [Introduction to Diabetes Awareness | Alison](#)
- 2.38 ** Video Class: [Intro to Mediterranean and Okinawa Diets | Alison](#)

3. “Required” Standard: Growth, Development & Sexual Health

Human Growth and Development

These video classes are under “My Courses” on your dashboard.

- 3.1 Video Class: Female Puberty
- 3.2 Video Class: Male Puberty
- 3.3 Video Class: Biblical Pregnancy Or Secular Pregnancy
- 3.4 Developmental Disabilities

Read and Respond

[Fetal Alcohol Spectrum Disorders - HealthyChildren.org](https://www.healthychildren.org/ohp/parent/article/fetal-alcohol-spectrum-disorders.aspx)

- a. What are the lifelong complications of FASD?
- b. How does alcohol affect the baby?

[Fetal Alcohol Spectrum Disorders: Parent FAQs - HealthyChildren.org](https://www.healthychildren.org/ohp/parent/article/fetal-alcohol-spectrum-disorders-parent-faq.aspx)

- c. How much alcohol is safe while pregnant?
- d. Is any kind of alcohol safe while pregnant?

[Marijuana Use During Pregnancy & Breastfeeding FAQs - HealthyChildren.org](https://www.healthychildren.org/ohp/parent/article/marijuana-use-during-pregnancy-breastfeeding-faq.aspx)

- e. How does marijuana affect a baby’s brain development?
- f. How much stronger is marijuana now than it was before 1980?

[E-Cigarette Use During Pregnancy & Breastfeeding FAQs - HealthyChildren.org](https://www.healthychildren.org/ohp/parent/article/e-cigarette-use-during-pregnancy-breastfeeding-faq.aspx)

- g. Name 6 detrimental substances in vapes.
- h. Compared to cigarettes, how much nicotine does 1 pod of JUUL e-juice contain?

Reflect

- Do you know anyone that has a learning disability?
- Do you know anyone that smokes or vapes, uses cigarettes or marijuana, drinks or uses illegal drugs?
- Are you addicted to any of these substances? Addiction can be using just 1 time a day.
- Have you tried to quit or witnessed anyone trying to quit an addiction?
- Was it easy?
- If you’re a female, do you think being pregnant would be enough motivation to quit now knowing how they affect a developing fetus?

Sexual Health

These video classes are under “My Courses” on your dashboard.

- 3.5 Video Class: Biblical Sex Ed Or Secular Sex Ed
- 3.6 Video Class: STI
- 3.7 Video Class: Birth Control

4. Optional Standard: Growth, Development & Sexual Health

Sexual Health Documentaries

Complete a Reflection Form from your dashboard documents after viewing a documentary

4.1 ** **Business of Being Born** (2008) | NR | 1h 27m

Birth: it's a miracle. But more than anything, birth is a business. Compelled to find answers after a disappointing birth experience with her first child, actress Ricki Lake recruits filmmaker Abby Epstein to explore the maternity care system in America.

4.2 ** **More Business of Being Born part 2** (2011) | PG-13 | 1h 14m

More Business of Being Born offers a practical look at birthing options as well as poignant celebrity birth stories from stars including Alanis Morissette, Gisele Bundchen, Christy Turlington-Burns, Cindy Crawford, Molly Ringwald, Kimberly Williams-Paisley, Melissa Joan Hart and more.

4.3 ** **American Circumcision** (2018) | TV-16 | 1h 40m

An award winning definitive documentary about the modern circumcision debate.

4.4 ** **Business of Birth Control** (2021) | TV-16 | 1h 30m

This documentary examines the complex relationship between hormonal birth control and women's health and liberation. The film traces the feminist movement to investigate and expose the pill's risks alongside the racist legacy of hormonal contraception and its ongoing weaponization against communities of color. Weaving together the stories of bereaved parents, body literacy activists and femtech innovators, the film reveals a new generation seeking holistic and ecological alternatives to the pill.

5. “Required” Standard: Mental, Emotional & Social Health

Mental and Emotional Health Classes

These video classes are under “My Courses” on your dashboard.

- 5.1 Video Class: Biblical Social Skills Or Secular Social Skills
- 5.2 Video Class: Biblical Screen Safety Or Secular Screen Safety
- 5.3 Video Class: Biblical Personal Safety Or Secular Personal Safety

5.4 OR 5.5

- 5.4 Suicide and Grief

Read

[Warning Signs of Suicide - National Institute of Mental Health \(NIMH\)](#)

- a. What are all the warning signs of suicide?

Grief is something everyone feels if you have experienced any kind of loss in your life. In 1969 Dr. Elisabeth Kübler-Ross introduced what we call the 5 stages of grief. These are not experienced in a strict sequence, nor do they always progress in a linear fashion. The emotional journey can be cyclical, with stages overlapping or repeating in response to evolving aspects of the change. This non-linear progression reflects the complexity of emotional responses, highlighting that the path to acceptance and adaptation is often a dynamic and iterative process.

Read this information about grief [5 stages of grief: Coping with the loss of a loved one](#)

- b. What are the 5 stages of grief?
- c. If you have experienced any kind of loss, a friend, relative or pet, even an item you cherished? Write about how you think you went through these stages.

Reflect

- Have you ever thought about committing suicide?
- If yes, what made you change your mind?
- Did someone reach out to help you?
- Do you know someone that is exhibiting any of these signs?
- Do you know someone who has committed suicide?

5.4 continued on the next page

5.4 continued

Respond

- d. Make a list of things you could do to help someone who is at risk of suicide.
- e. Review the Ways to Reduce Stress document from your dashboard
- f. Choose 3 and practice them. How did you feel after each one? Challenge yourself to implement 1 or 2 of these techniques next time you feel stressed or sad.

- 5.5 ** Video Class: [Introduction to Suicide Awareness | Alison](#)

For the classes at Alison.com after clicking on the class link, you can click the green “start learning” button. An ad may pop up, just close it. It will then prompt you to sign up for a free account. Once you have a log in email and password, you can click the start learning button again. If you logout or just close your window, there is a green button “continue learning”, that takes you right back to where you left off or you can go to your dashboard and the continue learning button is there too. When you complete the quiz, the % earned will be at the bottom left side of the screen. You do not need to print a certificate.

- 5.6 ** Video Class: [Understanding Mental Wellness | EVERFI](#)

- 5.7 *** Video Class: [Ignition: Digital Wellness and Safety | EVERFI](#)

- 5.8 ** Video Class: [Stress Management: A Holistic Approach | Alison](#)

Note: The classes above cover all of the standard topics, but it is recommended to explore some topics more in depth with any of the following classes:

6. Optional Standard: Mental, Emotional & Social Health

6.1 Eating Disorders

Read and Respond

[Eating Disorders \(for Teens\) | Nemours KidsHealth](#)

- a. Define what the 4 types of eating disorders are?
- b. What are 3 harmful effects to the body for each disorder?
- c. What causes eating disorders?

Based on your own deduction:

- d. What is stress eating?
- e. Make a list of at least 4 things you could do if a friend had an eating disorder?
- f. Why does someone with an eating disorder need professional help?
- g. Add 2 professional resources to your list.

Reflect

- How do you think social media influences kids in a way that leads to an eating disorder?
- How does marketing/advertising affect our food choices?
- Have you ever seen a commercial with an obese person eating a burger?
- What does advertising tell us about foods we eat?
- After formulating your thoughts, read this article: [How Children Develop Unhealthy Food Preferences - HealthyChildren.org](#)

Violent Behavior Classes

- 6.2 **** Video Class: [Domestic Violence and Abuse Awareness | Alison](#)
- 6.3 ** Video Class: [Mental Health Studies - Violent Behavior | Alison](#)
- 6.4 ** Video Class: [How to Deal with Intimate Partner Violence | Alison](#)
- 6.5 ** Video Class: [Identifying Child Abuse and Neglect | Alison](#)

Additional Mental & Emotional Health Classes

- 6.6 *** Video Class: [Character Playbook - Healthy Relationships | EVERFI](#)
Time: 2hrs 15min
- 6.7 Video Class: [Honor Code - Bullying Prevention Curriculum | EVERFI](#)
- 6.8 **** Video Class: [Introduction to Bulimia Nervosa | Alison](#)
- 6.9 ** Video Class: [Treating Anorexia Nervosa | Alison](#)
- 6.10 ** Video Class: [Intro to Emotional Intelligence | Alison](#)
- 6.11 ** Video Class: [Understanding Emotional Mastery | Alison](#)
- 6.12 ** Video Class: [Understanding Mental Health | Alison](#)
- 6.13 ** Video Class: [Practical Stress Management for Life & Work | Alison](#)
- 6.14 *** Video Class: [Learn new Techniques for Coping with Stress | Alison](#)
- 6.15 *** Video Class: [Stress Management | Alison](#)
- 6.16 ** Some unique explorations: [Intro to Stress Management | Alison](#)
- 6.17 *** Video Class: [Coping Skills – Freedom From Stress & Pain | Alison](#)
- 6.18 ** Video Class: [Overcome Stress and Anxiety | Alison](#)
- 6.19 ** My personal recommendation: [Understanding Anxiety | Alison](#)
- 6.20 ** Video Class: [Anxiety Management | Free Online Course | Alison](#)
- 6.21 ** Video Class: [Overcoming Social Anxiety | Alison](#)
- 6.22 ** My personal recommendation: [Living with Depression | Alison](#)
- 6.23 ** Video Class: [Understanding and Managing Depression | Alison](#)
- 6.24 ** Video Class: [Mastering Panic Disorder: Managing Anxiety | Alison](#)
- 6.25 ** Video Class: [Managing Bipolar Disorder: Tips & Strategies | Alison](#)
- 6.26 *** Video Class: [Mastering Bipolar I: Diagnosis, Management and Support | Alison](#)
- 6.27 ** Video Class: [Understanding OCD | Alison](#)

Additional Internet Safety Classes

- 6.28 Create a social media family plan: [Family Media Plan](#)
- 6.29 ** Video Class: [Digital Detox Strategies in a Connected World | Alison](#)
- 6.30 ** Video Class: [Early Childhood Effects of Digital Games | Alison](#)
- 6.31 Video Class: [Healthy Gaming Practices Essentials | Alison](#)

6.32 Internet Safety

The internet is a tool that we use every day - in addition to learning information, it's also how many of us shop, manage finances, and stay connected with others. But that connectivity comes with risks. In this course, Khan Academy interviewed Google's top security experts to bring you videos packed with powerful tips to help you stay safe. There are articles and practice exercises to help you test what you've learned about how to keep your information and devices secure, and how to recognize and avoid common scams.

[Internet safety | Life skills | Khan Academy](#)

6.33 Social Media Literacy

In this interactive course, designed by the Center for Humane Technology, students will learn how and why social media has been designed to "hack" their brains. They will reflect on the role of social media in their own lives and in the lives of their peers and they will imagine what more humane technology might look like and fight to realize a better future.

[Social media literacy | Life skills | Khan Academy](#)

Mental Health Documentaries

Complete a Reflection Form from your dashboard documents after viewing a documentary

6.34 ** **Buy Now! The Shopping Conspiracy** (2024) | TV-14 | 1h 24m

This subversive documentary unpacks the tricks brands use to keep their customers consuming — and the real impact they have on our lives and the world.

6.35 **How Food Affects Our Mental Health** | ENDEVOR (2022) 42 min

Over the last 35 years, obesity rates have more than doubled, leading to a massive and rapid increase in heart disease, kidney problems, high blood pressure and type 2 diabetes. How did we go from obesity rates of 9% to 30% in less than a generation?

6.36 ** **Catfish** (2010) | PG-13 | 1h 34m

Nev Schulman is filmed by his 2 best friends during his budding online relationship with a young woman and her family which leads to an unexpected series of discoveries.

6.37 ** **Catfish** (2012) | Choose 2 episodes | 40m

Nev Schulman and Max Joseph help singles discover the authenticity of the identities of the people they have fallen in love with online since they have yet to meet them in person. I can recommend these episodes as I have seen them.

Season 1: Episodes 1, 8, and 12

Season 2: Episode 16

6.38 ** **Glow Kids—lecture on YouTube** (2017) | NR | 1hr 47m

Dr. Nicholas Kardaras, Ph.D., LCSW-R explains how technology has profoundly affected the brains of an entire generation.

6.39 ** **Childhood 2.0** (2020) | NR | 1h 28m

This film is an exploration of the dramatic technological and cultural shift that children and parents have faced since the rise of social networks and mobile devices. Childhood 2.0 dives into the issues of addiction and withdrawal, anxiety and depression, online abuse and bullying, the pervasiveness of pornography, the culture of sexting and unforeseen consequences, the rise of online pedophilia and sexual predators, the loss of free play and autonomy and the rapid growth of suicide among children and teens.

6.40 **Childhood 2.0 Middle School Edit** (2020) | NR | 56m

6.41 *** **Sound of Freedom** (2023) | PG-13 | 2h 11m

The incredible true story of a former government agent turned vigilante who embarks on a dangerous mission to rescue hundreds of children from traffickers.

6.42 ** **The Social Dilemma** (2020) | PG-13 | 1h 34m

Expert testimony from tech whistle-blowers exposes our disturbing predicament: the services Big Tech provides--search engines, networks, instant information, etc.--are merely the candy that lures us to bite.

6.43 *** **The Social Network** (2010) | PG-13 | 2h

On a fall night in 2003, Mark Zuckerberg sits down at his computer and heatedly begins working on a new idea. In a fury of blogging and programming, what begins in his dorm room soon becomes a global social network and a revolution in communication.

6.44 **** **Adolescence** (2025) | TV-MA | 4 episodes

When a 13 year old boy is accused of murdering a classmate, his family therapist and the detective in charge are all left asking: what really happened?

6.45 ** **Sweet Bobby: My Catfish Nightmare** (2024) | TV-14 | 1h 22m

A woman's online courtship takes an unsettling turn when her romantic interest harbors a dark secret and sinister motives, leading to a harrowing ordeal.

6.46 **Stressed The Documentary** (2019) | NR | 1h 2m

A new exploration into emotional stress and its undeniable impact on humanity. The film delves into our history with stress, how we got to where we are today, and where we go from here.

6.47 ** **The Tapping Solution** (2008) | NR | 1h 24m

This film showcases Tapping, blending ancient acupressure and modern psychology, as ten individuals transform their lives in real-time.

7. “Required” Standard: Substance Use & Abuse

Substance Abuse Classes

- 7.1 Video Class: [Vaping: Know the truth | EVERFI](#)
- 7.2 ** Video Class: [Prescription Drug Safety Training | EVERFI](#)
- 7.3 *** Video Class: [Alcohol Education: Safe and Smart | EVERFI](#)
- 7.4 ** Video Class: [Drugs and Alcohol - Awareness and Prevention | Alison](#)
- 7.5 ** Video Class: [Opioid Crisis | Opioid Epidemic | Alison](#)
- 7.6 ** Video Class: [Understanding Methamphetamine Addiction | Alison](#)

8. Optional Standard: Substance Use & Abuse

Additional Substance Abuse Classes

- 8.1 ** Video Class: [Drug and Alcohol Awareness | Alison](#)
- 8.2 *** Video Class: [Overcoming Smoking Addiction Using CBT | Alison](#)
- 8.3 **** Intermediate Video Class: [Nicotine and Smoking Cessation | Alison](#)

This class has a section that assumes the learner is a professional who evaluates patients to help them quit smoking, but overall it sounds like it covers a wide range of education about nicotine use and addiction.

Substance Use Documentaries

Complete a Reflection Form from your dashboard documents after viewing a documentary

- 8.4 **** **The Pharmacist** (2020) | TV-MA | 4 Episodes
-

After losing his son in a drug-related shooting, small-town pharmacist Dan Schneider embarks on a crusade to bring a reckoning against the powerful figures behind the nation's devastating opioid epidemic.

- 8.5 ** **Take Your Pills** (2018) | TV-14 | 1h 27m
-

In America today, where competition is ceaseless from school to the workforce and everyone wants a performance edge, Adderall and other prescription stimulants are the defining drugs of this generation.

9. “Required” Standard: Personal and Community Health

9.1 Advocating Basics

Video Class: [EVERFI | Health Literacy Curriculum for High School](#) Time: 1 hour

This class empowers students to become advocates for their own health and financial wellness, helping them understand when and where to ask for help with health care decisions.

9.2 Toxic Contaminants

Read and Respond

Many products are full of contaminating components that make us ill. Phthalates and heavy metals are common ones. Read this research and see how they affect our bodies.

[Pervasive phthalates: New study links child exposure to cancer | Environmental Working Group](#)

- a. How do phthalates affect the body?

[Phthalates and Your Health - Research Horizons](#)

- b. What are 4 steps you can take to avoid phthalates?

Heavy metals (like lead, mercury, cadmium, and arsenic) are compounds and elements that can be toxic to the body, especially when exposure happens over time. The body does not need them, and it has a hard time getting rid of them once they enter so they build up over time. The effects of heavy metals are: interfering with the nervous system, mimicking or blocking important minerals, cause cellular stress and damage, they affect major organs and disrupt hormones.

[Learn about Lead | US EPA](#)

- c. Where is lead found?
- d. What are health effects of lead build up?

[How People are Exposed to Mercury | US EPA](#)

- e. How is one exposed to mercury?

Research (answers will vary)

- f. Research 2 different chemicals and write down what harm they do to the body?
- g. Find a skin care product or company that is considered “clean”.
- h. Find an app that scans products and gives it a rating

□ 9.3 Toxic Air (VOCs)

We often hear about outdoor air pollution from cars, factories, and farms, but many people don't realize that indoor air quality can also affect health.

VOCs (Volatile Organic Compounds) are chemicals released into the air from certain materials and products. They easily evaporate at room temperature and can build up indoors, especially in enclosed spaces with poor ventilation.

VOCs are released from items with strong odors that many people expect, such as paint, gasoline, solvents, glues, cleaning products, new cars, air mattresses, and tires. However, VOCs are also released from products that many people think smell good, including air fresheners, laundry detergent, candles, perfume, hair spray, makeup, and body sprays because they include "fragrance" in the ingredients which is added chemicals to make it smell pleasant, but unfortunately those chemicals are harmful to our health too.

Your skin is your biggest organ and therefore absorbs a large amount of toxins on a daily basis. Not only are you breathing those VOCs into your lungs, your entire body is externally absorbing some too.

Read these articles. There is overlapping information, but each resource has some unique information.

[Volatile Organic Compounds' Impact on Indoor Air Quality | US EPA](#)

Read and watch the short video [Volatile Organic Compounds | American Lung Association](#)

Read and watch the video

[VOCs in the Home: The Surprising Places You Might Find Them | American Lung Association](#)

[What is fragrance? | Environmental Working Group](#)

- a. Why aren't companies required to disclose all of the ingredients in their product?

[Chemicals of Concern - Safe Cosmetics](#)

- b. Grab a cosmetic product or a hair/body product from your bathroom. Compare the ingredients on it with the ingredients in this article. How many ingredients in your product are on the list?
- c. What are your thoughts about what you discovered?
- d. Find 2 cleaning product brands that are considered "clean".
- e. Find 2 recipes for different homemade cleaners, like for windows and floors.

9.3 continued on the next page

9.3 continued

Respond

- f. What are 10 items that off-gas VOCs?
- g. What are alternative options when needing these products?
For example:
 - i. Air fresheners and candles
 - ii. Cleaning supplies and laundry detergent
 - iii. Personal care sprays
 - iv. Paint/craft supplies
- h. List 5 ways to reduce exposure to VOCs indoors:
- i. How long is recommended to allow mattresses and furniture to off gas outside or in a garage before bringing them into the home?

Reflect

- Which VOC-producing products, if any, would you still choose to use? Explain why.
- If yes, will you change how often or how you use these products? How?
- Has anyone in your home ever experienced headaches, irritation, dizziness, or breathing discomfort after using scented or chemical products? Do you think there could be a connection to VOCs?
- Did learning about indoor air quality change how you think about “good smells” versus “healthy air”?

□ 9.4 History of Prescription Drugs

Read and Respond

This definition is from Wikipedia: A drug is any chemical substance other than a nutrient or an essential dietary ingredient, which, when administered to a living organism, produces a biological effect.^[1] Consumption of drugs can be via inhalation, injection, smoking, ingestion, absorption via a patch on the skin, suppository, or dissolution under the tongue.

In pharmacology, a drug is a chemical substance, typically of known structure, which, when administered to a living organism, produces a biological effect.^[2] A pharmaceutical drug, also called a medication or medicine, is a chemical substance used to treat, cure, prevent, or diagnose a disease or to promote well-being.^[3] Traditionally drugs were obtained through extraction from medicinal plants, but more recently also by organic synthesis.^[4] Pharmaceutical drugs may be used for a limited duration, or on a regular basis for chronic disorders.^[3]

Read about the history of drugs. [Early drug discovery and the rise of pharmaceutical chemistry - PubMed](#)

- a. What were early drugs made from?
- b. What was the first synthetic drug made?
- c. An extract from the bark of what tree was used to treat fevers and inflammation?
- d. Which drug do we still use today that was originally made from this tree bark?

Read all of [Appendix 1: History of Drug Discovery and Development](#) UCDavis

- e. Why did drug manufacturers move away from using plants and start making all synthetic drugs?
- f. Which cultural medicine practice dispelled the notion that diseases were due to supernatural causes or spells, when in fact diseases were a result of natural causes?

[Drugs and their Manufacture in the Nineteenth Century](#)

- g. What did pharmacists or chemist-druggists use to store the various ingredients they needed in their store?

Time to think about [Medication side effects: What are your options? - Harvard Health](#)

9.4 continued on next page

9.4 continued

Read about [Understanding Unapproved Use of Approved Drugs "Off Label" | FDA](#)

- h. Do healthcare providers need approval to use a drug off label? Why?
- i. Write a short answer about how you would feel if a Dr. prescribed you an off label drug *with and without* your knowledge. What if they were just experimenting to see if it works?

Reflect

- Which do you think would be safer to use, herbal remedies or current drugs manufactured today?
- Have you ever read the package insert that comes with a prescription drug? Consider reading it next time you have to take a prescription so that you are aware of possible negative side effects.
- If you had a common cold or virus a Dr. would likely suggest using a decongestant. This is a list of some of the possible side effects: headache, nausea, nervousness, restlessness, dizziness, sleep issues, heart palpitations and high blood pressure.
- Do you think the relief from the symptoms is worth the possible side effects?
- Would you consider a natural alternative remedy, like smelling peppermint essential oil, for those symptoms instead?

9.5 Alternative Health Practices

The ebook is on your dashboard

Read

[Alternative Practices ebook](#)

Respond

- a. What are 2 treatments you have never heard of?
- b. Read more about those 2 through your own search and write down one interesting fact from each.
- c. Now choose 1 treatment from the book and find 2 providers near you

Reflect

- Discuss with a caregiver your potential interest in trying it, consider making an appointment or observing someone else's appointment.

9.6 Holistic Healing

The ebook is on your dashboard

Read

[Holistic Healing ebook](#) and watch the video links in it

Reflect

- Have you tried any of these suggestions before?
- Did it work?
- Do you think the quality of your ingredients matters?
- Which would you prefer to use, OTC/prescription meds or natural remedies?

Respond

Thinking about the natural remedies for common health challenges you just read:

- a. Which one would you use?

If it has a recipe for it, ask a parent about making it now so you have it on hand.

- b. Check the ingredients of that remedy. Make a list of what you need to buy.
- c. Do a quick search about lavender and write down 4 things it can be used for.
- d. Why does it matter if the plant/herb is fresh?

□ 9.7 Fluoride

Is fluoride good or bad for you? In the 1940's when fluoride was first introduced into the water systems it reduced cavities in children by 60%, so why do some people and organizations think it should not be added to our water? One of those organizations is The Fluoride Action Network (FAN) which was founded in 2000 by an international coalition of scientists, doctors, dentists, environmental health researchers, and concerned citizens to raise awareness about the toxicity of fluoride compounds.

Read these articles to gain an understanding of the pros and cons

[Fluoride in Drinking Water: Safety and Risks Explained](#)

[Fluoride's Impact on Health](#)

[Fluoride: Is it Good or Bad for Your Bones and Oral Health?](#)

Respond

- a. Why is fluoride added to water?
- b. Who is at most risk for tooth decay?
- c. What are 2 risks from excess fluoride?
- d. Now that we have fluoride in toothpaste and other oral care products do you think it's necessary to continue to add it to our water systems? Why or why not?
- e. Now choose 1 of the 12 health effects of fluoride from FAN, click the picture, read the information and summarize your thoughts. [Health Effects of Fluoride - Fluoride Action Network](#)

Read just the abstract, results and conclusion. [Biomimetic hydroxyapatite and caries prevention: a systematic review and meta-analysis - PMC](#)

[Nano-Hydroxyapatite in the Remineralization of Early Dental Caries](#)

- f. What is a natural alternative to fluoride that could be in oral care products that also prevents cavities (caries)?

Reflect

- What do you think about ingesting fluoride?
- Do you use a water filter at home that filters out fluoride?
- Do you use toothpaste that has fluoride in it?
- Do you think genetics regarding oral health or being in a vulnerable population should play a part in deciding how much fluoride you ingest?
- Have you ever had your water tested for fluoride?
- Consider trying a toothpaste with hydroxyapatite if you want to reduce your fluoride intake.

10. Optional Standard: Personal and Community Health

10.1 Common Medical Conditions

*** Video Class: [Common Medical Conditions | Alison](#)

10.2 Oral Health

** Video Class: [Dental Health and Hygiene | Alison](#)

10.3 Garden Herbs

** Video Class: [How to Use Garden Herbs | Alison](#)

When you are working on a class in Alison there is a menu to view on the left side. You may skip #2. Basic Garden Design. The quizzes are hard! Just answer the best you can, then retake it at the end and use that score for your grade.

10.4 Growing Food

** **Project-learn to grow vegetables and herbs.**

** Video Class: [Growing Organic Food Sustainably | Alison](#)

Take this video class, Module 1 has short videos of how to plant each vegetable. You can skip through and watch the ones you want, or skip this module all together, but do watch and read Module 2 and 3 and then take the course assessment. Retake the test, aiming for 80%

Plan

Now that you have an idea of how to grow food from the video class, choose and decide how you can plant/grow 2 vegetables and 1 herb at your house. Gather your materials and start from seed or buy little plants, but starting seeds is way more exciting!

Protect

Make sure your plants are safe from freezing and stay watered when they get dry, which is more often in hot weather. Watch for pests and learn how to protect the plants from being destroyed.

Pick Produce!

Enjoy your bounty and share with your family for part of a meal!

10.5 Additional Sleep Class

** Video Class: [How To Sleep Better | Alison](#)

Additional Alternative Treatment Classes

10.6 *** Video Class: [Essential Oil Therapy | Alison](#)

10.7 ** Video Class: [Aromatherapy Training for Beginners | Alison](#)

10.8 ** Video Class: [An Introduction to Aromatherapy | Alison](#)

10.9 ** Video Class: [Understanding Homeopathy | Alison](#)

10.10 ** Video Class: [A Comprehensive Course for ADHD | Alison](#)

10.11 ** Video Class: [Theory of Reflexology Techniques | Alison](#)

10.12 *** Video Class: [Herbal Medicine and Natural Healing | Alison](#)

10.13 ** Video Class: [Understanding Cold Water Therapy | Alison](#)

10.14 ** Video Class: [Colour Therapy | Alison](#)

10.15 *** Video Class: [Theory of CranioSacral Therapy \(CST\) | Alison](#)

10.16 ** Video Class: [Iridology - Analysis and Applications | Alison](#)

Personal Health Documentaries

Complete a Reflection Form from your dashboard documents after viewing a documentary

- 10.17 **Died Suddenly** (2022) | PG-13 | 1h 9m
-

Healthy adults are dropping dead all across the globe. In the last 18 months, the term "Died Suddenly" has risen to the very top of "most searched" Google terms.

- 10.18 ** **Disease Reversal Hope** (2022) | NR | 1h 22m
-

Physicians and patients suffering from chronic diseases share their feeling of hopelessness until they were introduced to one simple answer that is scientifically proven to reverse their diseases and offer the hope of vibrant disease free living.

- 10.19 ** **Down to Earth** (2020) Choose 2 episodes | PG | 2 seasons
-

Zac Efron and superfoods expert Darin Olien travel the world in search of the secrets to good health, a long life, and a higher level of eco-consciousness. Adventure, laughs and goat-milking ensue.

- 10.20 ** **Eating You Alive** (2018) | 1h 52m
-

Nearly 30.4 million people die each year from chronic diseases and \$3.8 trillion spent in healthcare costs in the US alone for treating what the CDC defines as among the most common, costly and preventable of all health problems.

- 10.21 ** **Gut Health, 3 part series on Master Class** | PG
-

With smarter food choices and simple lifestyle changes, you can nourish the complex ecosystem of bacteria in your gut to help it perform its best so you can feel your best. A great education about the gut and recipes for foods that improve one's healthy microbiome. Old earth belief is mentioned several times.

- 10.22 ** **Hack Your Health: The Secrets of Your Gut** (2024) | 1h 19m
-

An informative yet lighthearted documentary exploring the intricacies of the digestive system and its pivotal role in maintaining overall health and well-being.

- 10.23 **** **Live to 100: Secrets of the Blue Zones** (2023) | TV-14 | 4 episodes
-

Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.

- 10.24 ** **Raw: The Documentary** (2017) | NR | 1h 17m
-

The incredible journey of Janette Murray-Wakelin and Alan Murray as they embark on a journey to run 366 consecutive marathons around Australia, in their 60's, all on a RAW plant-based diet.

- 10.25 ** **The Need to Grow** (2019) | NR | 1h 36m
-

The Need To GROW follows pioneers of cutting edge technology as they fight to localize sustainable food systems and regenerate Earth's dying soils.

- 10.26 ** **Under Our Skin** (2008) | 1h 44m
-

A gripping tale of microbes, medicine and money, "Under Our Skin" exposes the hidden story of Lyme disease, one of the most controversial and fastest growing epidemics of our time.

11. “Required” Standard: Injury Prevention and Safety

11.1 Emergency Preparedness

Read

How to make a plan: [Disaster Preparedness Plan | Make a Plan | Red Cross](#)

Respond

- a. Fill out the Emergency Preparedness Form and tape it inside a kitchen cabinet.
- b. Put all the family's important documents in one folder and in a location easy to grab.
- c. Make a first-aid kit. [Make a First Aid Kit | American Red Cross](#)
- d. Make a survival kit. [What Do You Need In a Survival Kit | American Red Cross](#)

11.2 ** Driving Basics

Read

[High Speeds & High-Speed Road Dangers - HealthyChildren.org](#)

- a. What % of fatal crashes happen to 16 year olds driving 40-50 miles per hour?

Watch this **Video Class** from a professional race car driver. [ADTT Video | TSEF](#) Time: 44min

[What Factors Affect Car Insurance Rates? - Experian](#)

- b. Why does insurance cost more for teens and why is it higher for males?
- c. At what age does it decrease for teens if their driving record is still clean?

Respond

- d. Print or write out the [Parent -Teen Driving Agreements](#). **Negotiate the terms** of this agreement with a designated adult. Make a copy of the agreement for each person.
- e. Take your parent outside to **adjust your mirrors!** If necessary, print the second page of this article [Blindzone Glare Elimination Mirror Method | NHTSA](#)
- f. If your family owns a vehicle, how much is the insurance for 1 year?
- g. Call the insurance company and ask them how much it would cost to add you?

Reflect

- Do you think you should have to pay for your own gas or insurance when you start driving? Why or why not?
- What will be the consequences if you damage the car and it's your fault?
- Do you have to pay to fix it, and what if you can't afford to fix it?

□ 11.3 ** Distracted Driving

Read and Respond

Distracted driving is very serious. It causes accidents and deaths every single day. A driver can be distracted in various ways.

Read more on these pages.

[Distracted Driving Dangers and Statistics | NHTSA](#)

- a. What are 5 ways a driver can be distracted?
- b. How many people were killed in 2023 by distracted driving?
- c. How might a passenger affect the driver's ability to drive safely?

Watch this **Video Class**: [PDZ Video | TSEF](#) Time: 52min

Now consider this:

- d. Why is it so important to not have earbuds in while driving and/or the volume on the radio extremely loud?

[Drowsy Driving: Avoid Falling Asleep Behind the Wheel | NHTSA](#)

- e. What are the peak sleepiness periods?
- f. What are “micro sleeps”?

Reflect

- How often are the people that drive you distracted?
- If you are driving already, have you been distracted?
- Have you ever seen a car accident?
- Think about how you would feel if you caused an accident, or worse, killed someone because you were texting or distracted in some way?

□ 11.4 Driving Under the Influence

Read and Respond

[Drunk Driving | Statistics and Resources | NHTSA](#)

- a. What are the effects on driving when a person has a BAC of .05%?

[Drug-Impaired Driving | NHTSA](#)

- b. What substances can cause you to have an altered mental and physical state?

Click the “download file” link to read this article: [Alcohol and Driving | NHTSA](#)

- c. Blood alcohol concentration, BAC, of .08% is considered “drunk”, but long before that amount your body becomes impaired. At what % does your vision begin to be affected?
- d. Although this differs greatly based on height and weight, what is the minimum amount of time it takes before 1 “normal” alcohol drink is potentially no longer affecting your body and ability to drive?

Now scroll down near the bottom of this article to the image of the 4 drinks. [The Deadly and Costly Consequences of DUIs | DrugAbuse.com](#) Think back to the previous question. It stated a “normal” drink, but this image explains the alcohol content in 4 different “standard” drinks. This is why there is no formula for safe drinking and driving. Choose to drink-don’t drive!

- e. What are the 4 drinks and their alcohol content?

Reflect

Obviously, you should never drink seeing as you are under the age of 21, however, plenty of kids do. If you are going to drink or use drugs, plan ahead and have a designated driver who will not drink any amount, the **uber/lyft app uploaded and ready to use**, or know someone willing to pick you up that night.

12. Optional Standard: Injury Prevention and Safety

I highly recommend an in person/hands-on class for the first time or two of becoming certified. After that an online “review” type class may be sufficient.

Choose 1 assignment: 12.1 - 12.6

CPR Classes

12.1 CPR

**** www.redcross.org has online and in person classes.

12.2 *** Beginner Video Class: [Basics of CPR and AED | Alison](#)

12.3 Advanced [CPR, AED and First Aid | Alison](#)

12.4 Advanced [Advanced Cardiac Life Support \(ACLS\) |Alison](#)

12.5 Advanced [Basic Life Support \(BLS\) | Alison](#)

12.6 Current CPR Certified

If you are currently CPR certified then just review the concepts by answering these questions for this assignment.

Read

The Good Samaritan Law for your state.

Reflect

Consider whether you would or would not provide CPR (mouth to mouth) to a stranger and if you would want someone to help you if you were unconscious.

Respond

- a. How many breaths and compressions do you give an adult during CPR?
- b. What does ABC stand for?
- c. What is the first thing you do when approaching an emergency scene?
- d. What do you do if you cracked someone’s rib doing chest compressions?
- e. What is the law if you are a trained professional and come upon an emergency?
- f. Are you allowed to perform CPR if you don’t have your card when an emergency happens?

First-Aid Classes

Choose a class if you do not have current training.

- 12.7 ** First Aid (www.redcross.org)
- 12.8 ** Beginner Video Class: [Paediatric First Aid | Alison](#)
- 12.9 *** Beginner Video Class: [Wilderness First Aid Training | Alison](#)

Additional Drivers Safety Classes

- 12.10 Vehicle Technology Aids Video Class: [VDATT Video | TSEF](#)
Time: 41min
- 12.11 Realities of Driving Today Video Class: [RODT Video | TSEF](#)
Time: 33min

Babysitter Classes

- 12.12 Babysitters Certification

Read these articles: [What to Consider Before Accepting a Babysitting Job](#) & [Are You Ready to Be a Babysitter? - HealthyChildren.org](#)

Print the [Emergency Preparedness Form](#) and take it with you for every new job.

Now choose 1 class from the options below:

- 12.13 **** Video Class: Choose a Babysitting Class www.redcross.org
- 12.14 ** Video Class: [Child Care - Health and Safety | Alison](#)
- 12.15 *** Intermediate Class: [Basics of Safeguarding Children | Alison](#)
- 12.16 *** Video Class: [Care of Young Children and Special Needs | Alison](#)

12.17 Self-Defense

Find a self-defense class from a local business or take this one:

12.18 Gun Safety

Check out this resource first and then choose an in-depth class.

<https://eddieeagle.nra.org/>. This is an 8min cartoon, for young kids, but humor me and watch it. Learning in various ways, including music, helps information stick in our brains.

More fun info: <https://www.eddieeagle.com/#/>

Chose one of the classes below:

[Gun Safety](#)

Time: 40min

OR

[Free Online Gun Safety Class for Children & Parents](#)

Time: 1 hour

12.19 Hunters Safety

Find a class specific for your state on this page. If your state is not listed for the free NRA class, google your own state and see if you can find a free course.

[Online Hunter Education Courses](#)

Food Safety Classes

12.20 ** Video Class: [Food Safety and Hygiene | Alison](#)

12.21 *** Video Class: [The Basics of Food Safety and Hygiene | Alison](#)

12.22 ** Business focused video class: [Food Safety Training | Alison](#)

12.23 Fire Safety

** Video Class: [Health and Safety - Fire Safety Training | Alison](#)

Attributions:

National Consensus for School Health Education. (2022). *National Health Education Standards: Model Guidance for Curriculum and Instruction (3rd Edition)*

[schoolhealtheducation.org](https://www.schoolhealtheducation.org)

Traffic Safety Education Foundation

nutritionsource.hsph.harvard.edu

health.clevelandclinic.org

Alison.com

NRA.org

drugabuse.com

EWG.org

nhlbi.nih.gov

FDA.gov

EVERFI.com

nimh.nih.gov

PBS.org

Webmd.com

Red Cross

HealthyChildren.org

NHTSA.gov

safecosmetics.org

Health.Harvard.gov

PUBMed

Kidshealth.org

Khan Academy

Integrishhealth.org