

Horizons Health

Grades K-8

Equip your child for healthy living! With hands-on Horizons Health for grades K-8, teachers and students receive a sequential, comprehensive health education program written from a Christian perspective. Teach students how to take responsibility for personal health, develop proper manners and attitudes, and sharpen decision-making skills. Curriculum themes include human growth and development, nutrition facts, disease prevention, and safety. Flexible student lessons can be easily integrated with other subjects or taught separately.

What makes Horizons Health so effective?

- Courses are comprehensive, covering 11 themes from growth and development to safety and first aid
- Teacher's guides include a list of needed materials, objectives, background information, lesson overviews, and related activities
- Gives you the flexibility to teach health 2 to 3 days per week
- Contains a Christian worldview throughout the curriculum



Growth & Development

- Growth awareness
 - Five senses and corresponding body parts
 - Primary/secondary teeth
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- Review of five senses
 - Naming external body parts
 - Joints
 - Four main organs: brain, heart, stomach, lungs
 - Interrelationship of body parts
 - Growth predictions
 - Primary/secondary teeth
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- Growth awareness
 - Introduction to body systems
 - Function and interdependence of senses
 - Function and basic structure of eyes and ears
 - Visual/hearing impairments
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- Overview of body systems: skin, muscular, skeletal, digestive, respiratory, circulatory, nervous, excretory (main parts and interrelationships)
 - Growth and development problems (special populations)
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- Miracle of life
 - Hereditary factors
 - Structure and function of blood
 - The immune system
 - Hair, skin, and nails
 - Structure and function of teeth
 - Digestive system: parts of, process of digestion
 - Cells, tissues, organs, and systems
 - Functions and kinds of cells
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- Respiratory system
 - Variations in growth rates
 - Endocrine system
 - Physical, emotional, and social changes of puberty
 - Reproductive system
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- Fetal development
 - Stages of life
 - Processes by which cells receive nutrients and oxygen: diffusion, filtration, and osmosis
 - Review of main body systems, main parts and functions
 - Hereditary and environmental factors
 - Impairments
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- Characteristics of stages of life
 - Review of interdependence of body systems
 - Changes of puberty
 - Review of reproductive system
 - Impairments
 - Identifying learning styles

Disease Prevention

- Germs and disease
 - Preventing spread of germs
 - Effect of smoke on lungs
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- Defining communicable/noncommunicable disease
 - Preventing spread of germs
 - Immunizations
 - Health checkups
 - Effect of smoking on lungs
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- Disease symptoms
 - Defining bacteria and viruses
 - How germs enter body
 - Effects of nicotine, alcohol, and caffeine on body
 - Identifying eye problems
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- Communicable and chronic diseases
 - AIDS transmission through blood and hypodermic needles
 - Immunizations, proper food storage, and cleanliness as ways to control disease
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- Care of skin
 - Diseases of digestive system
 - Lack of nutrients and disease
 - Alcoholism
 - Long-term/short-term effects of smoking
 - Review HIV transmission through blood and needles
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- Main classes of pathogens
 - Chain of infection
 - Some common communicable diseases
 - Preventing respiratory diseases
 - Sexually transmitted diseases, including characteristics, transmission, and prevention of HIV infection
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- Preventing cardiovascular disease
 - Risk factors of cardiovascular disease
 - Diseases of muscular, skeletal, and nervous systems
 - Hereditary and environmental factors in disease
 - Alcoholism and cirrhosis
 - Anorexia and bulimia
 - AIDS/HIV
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- Biblical view of disease
 - Lifestyle choices and disease
 - Eating disorders
 - Suntanning
 - Sexually transmitted diseases, including HIV/AIDS
 - Review reducing risk of communicable and acquired diseases
 - Understanding reality of health problems

	Substance Use/Abuse	Nutrition	Emotional/Mental Health
Grade K	<ul style="list-style-type: none"> Defining medicine Rule: only adults give medicine Consulting adult before using any unknown substance Choosing a smoke-free environment 	<ul style="list-style-type: none"> Food for energy and growing Plant and animal food sources Eating a variety of foods 	<ul style="list-style-type: none"> Created unique Differences and similarities Main feelings Situations and feelings Responding to others' feelings
Grade 1	<ul style="list-style-type: none"> Differentiating drugs and medicines Symbols for hazardous substances Identifying some drugs 	<ul style="list-style-type: none"> Food and body energy Five food groups Eating from all food groups Eating healthy snacks Diet and tooth health 	<ul style="list-style-type: none"> Created unique Alike and different Naming and exploring feelings Body language Dealing with feelings Ways to deal with anger Developing empathy
Grade 2	<ul style="list-style-type: none"> Identifying common drugs: alcohol, tobacco, and caffeine Products containing caffeine Effect of caffeine on body How alcohol affects physical reactions Differentiating prescription and over-the-counter drugs Reasons for using medicine 	<ul style="list-style-type: none"> Five food groups Limiting extras Daily serving requirements Balanced eating Cleanliness and food handling Eating breakfast Smart snacks for teeth 	<ul style="list-style-type: none"> Identifying individual gifts and interests Blessing others with our gifts Review of main feelings Identifying a variety of feelings Feelings and actions Developing empathy Saying "no" and feelings
Grade 3	<ul style="list-style-type: none"> Defining terms Proper use v. misuse of substances Influence of advertising on use of over-the-counter medicines Dosages Labels for information Tolerance and addiction Harmful effects of tobacco and smoking 	<ul style="list-style-type: none"> Classifying foods Combination foods Define nutrition needed for growth, maintenance, and repair of the body Limited nutritional value of some foods Healthy snacks Diet and tooth decay 	<ul style="list-style-type: none"> Self-awareness and acceptance Appreciating diversity Identifying and expressing feelings Emotions and body feelings How feelings affect thoughts and actions Dealing with specific emotions: fear, hurt, anger, and being left out Humor and feelings
Grade 4	<ul style="list-style-type: none"> Review of terms: drugs, medicines, substance, prescription, OTC Side effects of medications Avoiding misuse of OTCs Harmful effects of tobacco, alcohol, marijuana, and cocaine Defining alcoholism Refusal skills 	<ul style="list-style-type: none"> Six major classes of nutrients: fats, carbohydrates, water, minerals, vitamins, and protein Function of nutrients Serving size Lack of nutrients and diseases Good food, good times 	<ul style="list-style-type: none"> Self-knowledge and knowledge of God Being saints and sinners Individual differences as part of God's plan Using gifts to serve How others affect self-concept Showing appreciation for others Handling and expressing feelings Avoiding self-putdowns Making decisions
Grade 5	<ul style="list-style-type: none"> Review of terminology Demonstrating effect of smoking on lungs Refusal skills 	<ul style="list-style-type: none"> Review of main nutrients and their sources Vitamins, minerals, and their functions Function of water Individual nutrition requirements Nutrition deficiencies and health Influences on eating patterns 	<ul style="list-style-type: none"> Growing up Identifying individual strengths Range of feelings Developing feelings vocabulary Ways of dealing with emotions Expressing feeling without blaming Overall wellness and emotions Dealing with anger in healthy ways
Grade 6	<ul style="list-style-type: none"> Chemical dependency and its effects Steroids Results of substance use Societal pressure to use substances Resisting alcohol advertising Strategies for resisting pressure 	<ul style="list-style-type: none"> Criteria for proper food selection Diet analysis Nutrients: carbohydrates, proteins, and fats Reducing salt and sugar Results of unbalanced diet Eating disorders 	<ul style="list-style-type: none"> New life in Christ Patterns of life: inherited and acquired characteristics Handling ups and downs of feelings Interaction of feelings, thoughts, and actions Identifying and managing stress Recognizing influences Decision making and peer influence
Grades 7 & 8	<ul style="list-style-type: none"> Alcohol, tobacco, drug abuse (student research) Decision-making and refusal skills 	<ul style="list-style-type: none"> Proper nutrition and dieting 	<ul style="list-style-type: none"> Identifying self as an image bearer and child of God Self-talk and self-confidence Discovering, accepting, and developing gifts Using gifts to serve God and your community Influence of media on self-concept Decision-making values and strategies Setting goals Being assertive

	Social Health/Interpersonal Skills	Family Life/Human Sexuality	Personal Health
Grade K	<ul style="list-style-type: none"> • Minding manners • Manners and feelings • Listening to each other • Ways to share • Cooperating 	<ul style="list-style-type: none"> • Families as part of God’s plan • Similarities and differences among families • Gender differences • Feelings and family • Our families and God’s family • Dealing with death 	<ul style="list-style-type: none"> • Good health choices • Dressing to stay healthy • Exercise and rest • Cleanliness and health • Care of teeth: brushing and checkups
Grade 1	<ul style="list-style-type: none"> • Purpose of good manners • Practicing good manners • Active listening steps • Sharing • Practicing cooperation 	<ul style="list-style-type: none"> • Living things reproduce • Families as part of God’s plan • Kinds of families • Contributing to family life • Family changes • Death and Christian hope • Christian families in context of God’s family 	<ul style="list-style-type: none"> • Making healthy choices • Staying fit • Eating from all food groups • Tooth care: plaque, brushing, checkups, and diet • Grooming and health
Grade 2	<ul style="list-style-type: none"> • Communicating with others • Developing social skills and manners • Showing appreciation • Helping others • Active listening • Selfish and unselfish attitudes • Importance of cooperating 	<ul style="list-style-type: none"> • Families provide basic needs • Human sexuality, a gift of God • Exploring gender differences and similarities • Resolving conflicts • Family rules • New beginning and forgiveness • Family heritage and traditions • Dealing with death 	<ul style="list-style-type: none"> • Good health habits • Keeping fit and active • Avoiding too much TV • Getting enough sleep • Eating a balanced diet • Eating healthy snacks and breakfast • Review of good grooming habits • Tooth care: brushing, flossing, and snacks
Grade 3	<ul style="list-style-type: none"> • Developing friendships • Factors that affect friendships • Kinds of friendships • Showing kindness toward others • Laughing with and not at • Active listening • Resolving conflicts 	<ul style="list-style-type: none"> • God’s law of love as the basis of family living • Depending on family members • Communicating in families • Living patterns and culture • Life cycle and the family • Sexual identity, an integral part of a person • Dealing with death 	<ul style="list-style-type: none"> • Benefits of fitness • Being physically fit: flexibly, endurance, and strength • Good posture • Oral hygiene • Eating healthy foods • Benefits of sleep
Grade 4	<ul style="list-style-type: none"> • Belonging to groups other than family • Showing respect for others • Accepting differences • Communication skills • Working out problems in interpersonal relationships 	<ul style="list-style-type: none"> • Institution of marriage and family • Responsibility and family life • Family and the wider community • Communicating • Death and dying 	<ul style="list-style-type: none"> • Components of personal health • Building physical fitness • Importance of cleanliness • Posture • Sleep and rest
Grade 5	<ul style="list-style-type: none"> • Wise ways in relationships (proverbs) • Forgiveness and maintaining friendships • Respecting others • Resolving conflicts • Social skills • Cooperative skills 	<ul style="list-style-type: none"> • Wellness in family relationships • Family’s impact on members’ development • Foundation of marriage • Changes during puberty • Authority and freedom in family life • Death and dying 	<ul style="list-style-type: none"> • Concept of wellness • Review of personal health practices • Keeping a healthy balance • Inventory of health habits • Fitness and overall health • Exercise and respiratory endurance
Grade 6	<ul style="list-style-type: none"> • Identifying a social support network • Factors that build up or break down relationships • Erecting barriers: prejudice, discrimination, labeling • Communication: basic elements, verbal/nonverbal, active listening • Deciding to care about others 	<ul style="list-style-type: none"> • Stages of life and development • Courtship and marriage intimacy • Beginning of human life • Fetal development and birth process • Being a Christian family • Societal pressures and family life • Changes in adolescence and family life • Death and dying 	<ul style="list-style-type: none"> • Healthy lifestyle • Benefits and components of fitness • Weight, strength, posture, obesity, losing healthfully • Care of skin, eyes, and ears • Importance of sleep and rest • Oral hygiene • Personal cleanliness and disease prevention • Setting health goals
Grades 7 & 8	<ul style="list-style-type: none"> • Biblical view of community • Types of love • Living in community • Dealing with internal/peer pressure • Using peer pressure positively • Friendship • Dealing with conflict • Communication 	<ul style="list-style-type: none"> • Family life • Sexuality v. sex • Biblical view of sexuality • Myths of sex and sexuality • Changes in puberty • Chastity and abstinence • Healthy male-female relationships • Sexual abuse 	<ul style="list-style-type: none"> • Healthy lifestyle choices • Influence of fashion on ideas of beauty • Dieting and health • Physical fitness and overall wellness • Review components of health fitness • Review personal hygiene concepts

Community Health	Consumer Health	Safety/First Aid	
<ul style="list-style-type: none"> • Health helpers • Smoke in environment 		<ul style="list-style-type: none"> • Rules and safety • Poison safety • Medicine and safety • Traffic safety • Strangers and safety • Fire safety: basic rules • Emergency calls • Appropriate and inappropriate touching 	Grade K
<ul style="list-style-type: none"> • Defining pollution • Causes of air pollution • Health helpers • Immunizations 	<ul style="list-style-type: none"> • Health checkups 	<ul style="list-style-type: none"> • Medicine safety • Poison safety: basic rules and household poisons • Safety and strangers • Review of fire safety • Car passenger safety • Dealing with emergencies • Appropriate and inappropriate touching 	Grade 1
<ul style="list-style-type: none"> • Noise pollution 	<ul style="list-style-type: none"> • Aid for visual and hearing impaired 	<ul style="list-style-type: none"> • Care of eyes and ears • Review of stranger education and fire safety • Home escape plan • Seatbelts • Emergency calls • Preventing sexual abuse: appropriate, inappropriate, and confusing touching • Good and bad secrets 	Grade 2
<ul style="list-style-type: none"> • Health agencies • Role of community workers in safety 	<ul style="list-style-type: none"> • Influence of aid on use of substances • Labels as a source of information • Reasons for using common health products 	<ul style="list-style-type: none"> • Risk-taking • Bicycle safety • Water safety • Electrical appliances • Preventing sexual abuse: appropriate and inappropriate touching, trickery, self-protection, and sources of help • Action plan for an emergency • First aid: scrapes, nosebleeds, burns, and blisters 	Grade 3
<ul style="list-style-type: none"> • Effect of contaminated food, water, and air 		<ul style="list-style-type: none"> • Accidents: emotional and decisional factors • Review of basic safety rules • Playground safety • Bicycle safety • Fire safety and flame hazards • Home alone • Preventing sexual abuse: definition, touch continuum, and self-protection 	Grade 4
<ul style="list-style-type: none"> • Air pollution • Water pollution and health • Community health resources 	<ul style="list-style-type: none"> • Advertising and food choices 	<ul style="list-style-type: none"> • Taking responsibility for safety of self and others • Basic emergency first aid • Rescue breathing • Preventing sexual abuse: defining sexual abuse, saying “no” assertively, and sources of help 	Grade 5
<ul style="list-style-type: none"> • Community problems caused by substance abuse • Treatment for alcoholism • Community health resources 	<ul style="list-style-type: none"> • Getting correct health care 	<ul style="list-style-type: none"> • Taking responsibility for safety of self and others • Safety in extreme hot or cold weather • Safety and natural disasters • Review of basic safety rules • Home hazard check • Defining and preventing sexual abuse • Self-protection and sources of help 	Grade 6
<ul style="list-style-type: none"> • Community resources for getting help for substance abuse and other health problems 	<ul style="list-style-type: none"> • Evaluating advertisements • Media sales techniques 	<ul style="list-style-type: none"> • Review of basic safety and first aid • Responding in emergencies • Preventing sexual abuse • Identifying and practicing self-protection skills 	Grades 7 & 8