

# Professional Development

## Teaching Health Using *Macmillan/McGraw-Hill Health & Wellness*

**A Twofold Approach** To maintain and achieve optimal health, today's students must comprehend a wide range of concepts related to health promotion and disease prevention and need to be proficient in life skills. *Macmillan/McGraw-Hill Health & Wellness* presents health concepts in a format accessible to today's students and provides instruction, practice, and application in ten Life Skills.

• **Health Concepts:** *Macmillan/McGraw-Hill Health & Wellness* organizes health concepts into five units (A-E), made up of two chapters per unit. The total of ten chapters coincides with ten teaching months, allowing you to focus on one chapter per month. Unit A (Chapters 1-2) is a basic introduction to the three parts of health and to the life skills that will be taught throughout the program. All the units are self-contained so that, after teaching Unit A, you may teach the other units in any order. Highlighted vocabulary from any unit is reviewed in context if it is brought up in another unit.

**Organization** Each chapter is divided into paced lessons, each of which provides new, highlighted vocabulary and concepts focused on clearly stated objectives. A series of red headings, plus subheads, bulleted text in outline style, and comprehension questions guide students through lessons, allowing for independent reading or whole-class shared reading.

**Integration** Opportunities for Cross Curriculum Links to Science, Math, Physical Education, Social Studies, and other curriculum areas are provided throughout both the Student Edition and the Teacher's Edition, enabling you to integrate health instruction across the curriculum. Consumer Wise features allow for consumerism to be taught throughout the year, so that students can gain a working knowledge of consumer concepts by the time they get to a formal consumer presentation in Unit E.

**Print Components** Classroom instruction can focus on the use of:

Student Edition

Teacher's Edition

*Health Masters* (Vocabulary Development, Study Guide outlines, and Interpreting Information study aids) The use of the Health Masters along with the Student Edition enables students to master concepts and vocabulary independently or within group instruction.

*Your Body Book* and *Your Relationships* (Two softcover student books that focus on special areas of health) These optional components extend concepts taught in Chapters 1, 2, 3, and 8 of the Student Edition.

*Health Clipboard Activities* (Activities for each lesson, in addition to those in the Student and Teacher's Editions)

*Assessment Book* masters (Lesson and chapter quizzes, chapter writing tasks and performance assessments)

*ELL Activity Guide* (Strategies for teaching health concepts to English learners)

**Technology Components** (See Teaching with Technology.)

Transparency Book

Sunburst™ Videos

Test Generator CD-ROM

TeacherWorks CD-ROM

(plus options to use *Don't Laugh at Me*™ materials)

• **Life Skills:** *Macmillan/McGraw-Hill Health & Wellness* teaches ten Life Skills:

Access Health Facts, Products, and Services

Practice Healthful Behaviors

Manage Stress

Analyze What Influences Your Health

Use Communication Skills

Use Resistance (Refusal) Skills

Resolve Conflicts

Set Health Goals

Make Responsible Decisions

Be a Health Advocate

All ten Life Skills are introduced in Unit A. Each life skill is presented in a simple, easy-to-remember four-step approach. The four steps of each life skill are repeated throughout the program in the Life Skill Activities, critical thinking activities that are provided in each lesson. Each Life Skill is further developed by a two-page Learning Life Skill featured activity in each chapter. Life Skills are further reinforced by specific Lesson Review questions that involve the lesson Life Skill, as well as Chapter Review Life Skill questions.

**Teaching by Using Activities** Each lesson presents a Life Skill Activity at a point that Life Skill is most appropriate to the lesson concepts. Each Life Skill Activity presents a critical thinking problem and guides students through the four steps of the Life Skill to solve the problem. The Life Skill Activities are designed to reach all students, allowing for multiple response formats—from role-playing, making posters, and organizing fact sheets, to building graphic organizers and writing health behavior contracts. The chapter Learning Life Skills feature involves the construction of three-dimensional graphic organizers, Dinah Zike's Foldables™.

- **Activities “For All Students”:** Activities are a common forum for students to participate in actively learning, practicing, and applying skills. In particular, the Life Skills Activities are readily adaptable for a variety of students—by the students themselves. Group activities enable students to use various skills and talents, as well as to develop new skills. For example:

**“Learning Life Skills” with Dinah Zike’s Foldables™**

Students working in groups can readily adapt these unique activities to use diverse skills such as manipulative skills of folding and cutting, composing content (including drafting, proofreading, and final editing), organizing the content on the Foldables, as well as using alternate means of doing the activity—by way of role-playing, designing posters, designing one-dimensional graphic organizers, and orally presenting a response.

**Role-playing** Many of the lesson Life Skill Activities encourage role-playing. In these activities, two or more students take on the characters of people in a situation that requires a solution or decision. Other students participate in various active modes: they can take notes as observers, they can evaluate the role-play for how closely the role-players adhere to the steps of a given Life Skill, they can summarize the activity, they can participate on discussions after the role-play to draw conclusions, and so on. Role-plays can also be interrupted from time to time to allow student observers to offer suggestions and comments to the role-players.

**Cross Curricular Links** in the Student Edition and Teacher’s Edition allow for students to incorporate skills from other disciplines into health-related topics, from graphing data and solving data-related problems (Math Links), to quick observation-based investigations (Science Links).

**Consumer Wise** features and activities encourage critical thinking about practical consumer issues related to health. Students can use their innate interest in consumerism along with math and other skills to solve problems or answer simple questions.

**Teaching with Technology** *Macmillan/McGraw-Hill Health & Wellness* offers options to teach with diverse forms of technology, from the Transparency Book, videos, and the TeacherWorks CD-ROM to use of the Internet.

- **Using the Transparency Book:** Full color transparencies support chapter content, and transparencies of graphic organizers support Reading Strategies throughout the program.

- **Using Sunburst™ Videos:** Sunburst videos suggested for selected chapters provide a common experience for students to use as the basis for discussion and further role-playing, skit writing, and organizing story boards.
- **TeacherWorks:** This CD-ROM provides an electronic form of the Teacher’s Edition plus blackline masters
- **Using [www.mmhhealth.com](http://www.mmhhealth.com):** The *Macmillan/McGraw-Hill Health & Wellness* Web site provides information that students can use to do online research for the Health Online Activities in the Student Edition. In addition, this site provides additional activities, quizzes, and vocabulary development.

**Teaching Sensitive Issues** A number of issues in Health Education can reach students on a personal level—from discussions of death and the physical and emotional changes during puberty, to family relationships, the challenges of making new friends, and ending friendships that are a negative influence on a student’s health. To teach sensitive issues, *Macmillan/McGraw-Hill Health & Wellness* suggests:

- **Keep Parents and Guardians Notified** Family Letters (in English and Spanish) in the Health Masters component are provided for each chapter to alert parents and guardians about chapter content.
- **Stick to the Standards** *Macmillan/McGraw-Hill Health & Wellness* is organized around nationally recognized and state-approved standards so that you can be assured that you are always on the right track.
- **Be Objective in Your Approach** Lessons involving sensitive issues are presented by means of guidelines that focus the discussion on avoiding risk behaviors and practicing healthful behaviors. Use the Life Skill Activities in these lessons to emphasize Life Skill instruction and practice.
- **Emphasize Privacy** Students are not encouraged in the Life Skill Activities and Review Questions to reveal personal and family issues involving sensitive content.

**Becoming Health Literate** By instructing your students in health concepts and helping them acquire life skills, you will have the rewarding experience of promoting health literacy. Health literacy empowers today’s students (and tomorrow’s adults) to achieve and maintain optimal health. Health-literate students have mastered effective communication, self-directed learning, critical thinking and problem solving, and responsible citizenship. On the last page of each unit of *Macmillan/McGraw-Hill Health & Wellness*, students participate in projects and activities in each of these four areas of health literacy—allowing them to “flex” the skills and knowledge that you have helped them acquire.