

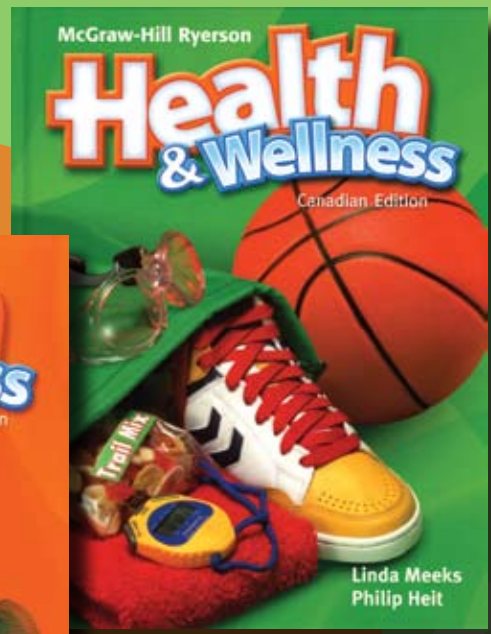
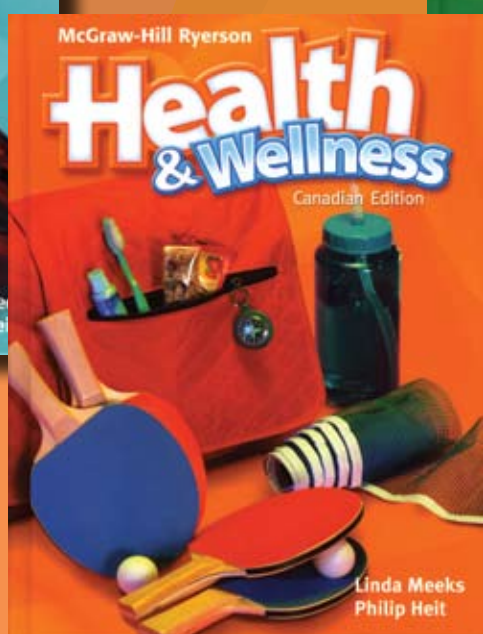
NEW!

McGraw-Hill Ryerson

# Health & Wellness

CANADIAN EDITION • GRADES 4, 5, and 6  
By Linda Meeks and Philip Heit © 2008

## HELP STUDENTS BECOME HEALTH LITERATE



**Health & Wellness, Canadian Edition** teaches 10 Life Skills students need to become health literate, maintain and improve health, prevent disease and reduce health-related risk behaviours. This new program will help students learn how to obtain and understand health information and services. The **Canadian Edition** incorporates **Canada's Food Guide to Healthy Eating, Canadian facts and figures,** and metric measurements throughout.

[www.healthwellness456.ca](http://www.healthwellness456.ca)

# program overview

**Health & Wellness** is a comprehensive Kindergarten through grade six program. The K–2 program consists of Big Books—Health Big Ideas Book and Life Skills Book—provided at the Kindergarten level, and Big Books plus Little Readers (10 titles) at Grades 1–2. Student Edition textbooks are provided at grades 3 through 6 with Canadian editions for grades 4, 5, and 6. **Health & Wellness Canadian Edition textbook** (Grades 4–6) provides accurate content, introducing new information and skills at a reasonable pace and depth of coverage. A spiraling approach reinforces content previously learned while introducing new content. Health literacy is the goal of the health program.

# student edition

The **student edition** offers comprehensive instruction in the basic Life Skills—and frequent opportunities to practice and apply those skills. Questions designed to tap prior knowledge open each chapter. Each lesson clearly states the objectives in clear language, highlights vocabulary words, provides content in manageable blocks of text, utilizes visuals and graphics to support content, offers Life Skills activities and provides check questions and lesson reviews. Each chapter ends with a review of vocabulary, health concepts, and life skills, with comprehension and critical thinking questions, as well as a section on reading graphics.



Health & Wellness, Canadian Edition  
Grade 4 page 123

## Features

**Health Literacy skills** are integrated throughout the books teaching the students:

- Critical thinking and problem solving
- Responsible and productive citizenship
- Self-directed learning
- Effective communication
- **Reading comprehension skills** are practiced as health content is taught. Students get exposure to grade-appropriate expository text and extensive instruction in reading skills and strategies
- **Activities:** Variety of motivating, dynamic activities engage students interest and help reinforce the concepts through hands on, minds on, and physical activities. Activities include links to science, life skills, art, music, math, social studies, and consumer activity.

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# table of contents

Each chapter in **Health & Wellness, Canadian Edition** is broken down into easy to handle lessons. Chapters open with “What do you Know?” to challenge students to think about what they already know. Each lesson opens with “You Will Learn” and “Vocabulary” features to list out the lesson objectives at the start of the lesson and build vocabulary skills. Each lesson ends with a “Lesson Review” to help students review the lesson material.

## Health & Wellness, Canadian Edition, Grade 4

### Table of Contents

#### Chapter 1: Mental and Emotional Health

- Lesson 1 A Plan for Good Health
- Lesson 2 Good Character and Your Health
- Lesson 3 Responsible Decisions
- Lesson 4 Your Self-Concept
- Lesson 5 Expressing Emotions
- Lesson 6 Reducing Stress

#### Chapter 2: Family and Social Health

- Lesson 1 Your Relationships
- Lesson 2 Managing Your Emotions
- Lesson 3 How a Healthy Family Functions
- Lesson 4 How Families Change
- Lesson 5 Healthful Friendships
- Lesson 6 When Others Are Unkind

#### Chapter 3: Growth and Nutrition

- Lesson 1 The Stages of the Life Cycle
- Lesson 2 Your Future Growth
- Lesson 3 Getting the Nutrients Your Body Needs
- Lesson 4 Making Healthful Food Choices
- Lesson 5 Food Labels and Food Ads
- Lesson 6 Eating Healthful Meals and Snacks
- Lesson 7 Preventing Food borne Illness

#### Chapter 4: Personal Health and Physical Activity

- Lesson 1 Take Care of Your Health
- Lesson 2 Take Care of Your Teeth
- Lesson 3 Good Grooming
- Lesson 4 Be Physically Active
- Lesson 5 Set Up a Personal Fitness Plan
- Lesson 6 Tobacco and Health
- Lesson 7 Be Fair and Be Safe

#### Chapter 5: Violence and Injury Prevention

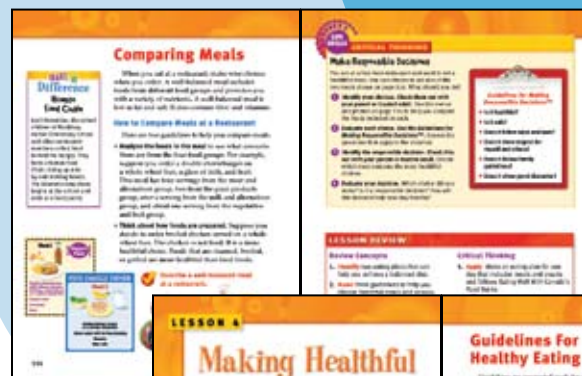
- Lesson 1 Safety at Home and School
- Lesson 2 Being Safe Outdoors
- Lesson 3 Ride Safely
- Lesson 4 Being Safe from Violence
- Lesson 5 How to Handle an Emergency

#### Chapter 6: Consumer and Community Health

- Lesson 1 Consumers and Advertising
- Lesson 2 Wise Buys
- Lesson 3 Community Health Care

#### Chapter 7: Environmental Health

- Lesson 1 A Healthful Environment
- Lesson 2 Reducing Pollution
- Lesson 3 Conserving Resources



pages 116-117



Health & Wellness, Canadian Edition Grade 4 pages 102-103

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# Health & Wellness Canadian Edition, Grade 5

## Table of Contents

### Chapter 1: Mental and Emotional Health

- Lesson 1 What Are Health and Wellness?
- Lesson 2 Plan for a Healthy Life
- Lesson 3 Your Personality and Character
- Lesson 4 Your Emotions
- Lesson 5 Taking Charge of Your Health
- Lesson 6 Managing Stress

### Chapter 2: Family and Social Health

- Lesson 1 Your Social Health
- Lesson 2 Communication in Relationships
- Lesson 3 When Conflict Occurs
- Lesson 4 Health in the Family
- Lesson 5 Facing Family Challenges
- Lesson 6 Among Friends
- Lesson 7 Facing Challenges in Relationships

### Chapter 3: Growth and Nutrition

- Lesson 1 The Stages of Life
- Lesson 2 You Are Unique
- Lesson 3 Your Basic Nutritional Needs
- Lesson 4 Aim for a Balanced Diet
- Lesson 5 Food That's Safe to Eat

### Chapter 4: Personal Health and Physical Activity

- Lesson 1 Caring for Your Body
- Lesson 2 How Your Body Fights Infection
- Lesson 3 The Benefits of Physical Activity
- Lesson 4 A Balanced Workout
- Lesson 5 Play It Safe

### Chapter 5: Violence and Injury Prevention

- Lesson 1 Keep Safe Indoors
- Lesson 2 Keep Safe Outdoors
- Lesson 3 How to Handle Emergencies
- Lesson 4 Facts on First Aid
- Lesson 5 Staying Violence Free

### Chapter 6: Alcohol, Tobacco, and Other Drugs

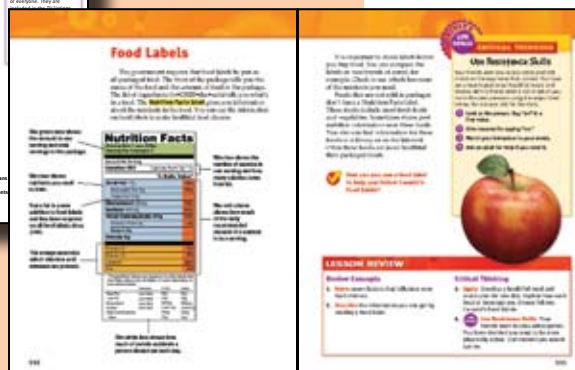
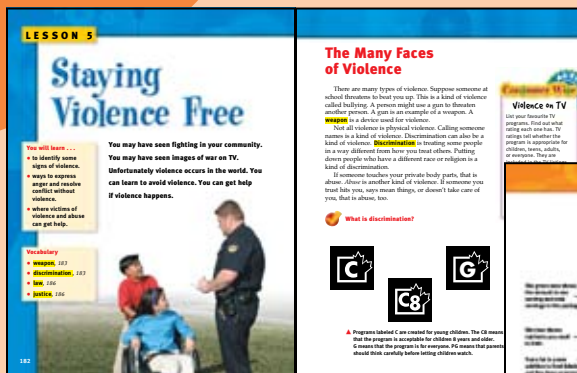
- Lesson 1 Drugs and Your Health
- Lesson 2 Alcohol and Health
- Lesson 3 Tobacco and Health
- Lesson 4 Other Drugs to Avoid
- Lesson 5 When Someone Abuses Drugs

### Chapter 7: Consumer and Community Health

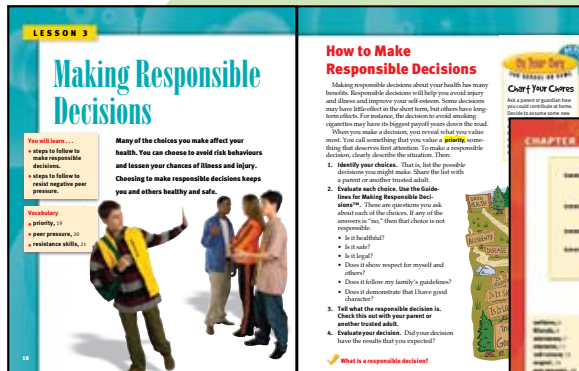
- Lesson 1 What Smart Consumers Know
- Lesson 2 Help for Consumers
- Lesson 3 Planning a Healthful Community
- Lesson 4 Careers in Health and Fitness

pages 110-111

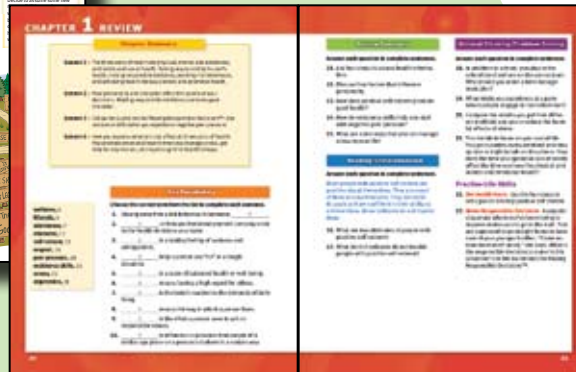
Health & Wellness, Canadian Edition Grade 5 pages 182-183



# Health & Wellness Canadian Edition, Grade 6



Health & Wellness, Canadian Edition Grade 6 pages 21-22



pages 30-31

## Table of Contents

### Chapter 1: Mental and Emotional Health

- Lesson 1 Health and Wellness
- Lesson 2 Character and Personality
- Lesson 3 Making Responsible Decisions
- Lesson 4 Emotions and Stress

### Chapter 2: Family and Social Health

- Lesson 1 Healthful Relationships
- Lesson 2 Express Yourself
- Lesson 3 Family Life
- Lesson 4 Making and Keeping Friends

### Chapter 3: Nutrition and Physical Fitness

- Lesson 1 Healthful Eating Habits
- Lesson 2 Choosing Foods Carefully
- Lesson 3 Healthful Weight
- Lesson 4 Body Image
- Lesson 5 Physical Activity and Fitness
- Lesson 6 Staying Safe During Physical Activity

### Chapter 4: Personal Health

- Lesson 1 Personal Health Care
- Lesson 2 Keeping Healthy and Getting Checkups
- Lesson 3 Caring for Your Teeth
- Lesson 4 Communicable Diseases

### Chapter 5: Personal Safety

- Lesson 1 Being Safe at School and in the Community
- Lesson 2 Being Safe at Home and Outdoors
- Lesson 3 Severe Weather and Natural Disasters

### Chapter 6: Alcohol, Tobacco, and Other Drugs

- Lesson 1 Drugs and Medicines
- Lesson 2 Living a Drug-Free Lifestyle
- Lesson 3 Tobacco
- Lesson 4 Alcohol
- Lesson 5 Illegal Drug Use

### Chapter 7: Consumer and Community Health

- Lesson 1 Managing Your Time and Money
- Lesson 2 Finding Valid Health Information
- Lesson 3 Evaluating Media and Advertising Influences
- Lesson 4 Health Organizations and Careers

### Chapter 8: Environmental Health

- Lesson 1 Your Environment
- Lesson 2 Social-Emotional Environment
- Lesson 3 Clean Air
- Lesson 4 Clean Water
- Lesson 5 Clean Planet
- Lesson 6 Enjoying Your Environment

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# features

## Learning Life Skills Full Page Feature

The Ten Life Skills are an important component of the health program. Life skills are introduced in the first unit so that students begin right from the start to learn the Ten Life Skills. The Learning Life Skills full-page feature sets up a problem for the student and provides the life skill that may solve the problem.

## Foldables™

The Foldables™ graphic organizer uses a consistent four-step approach where students learn and practice the life skills.

## Assessment

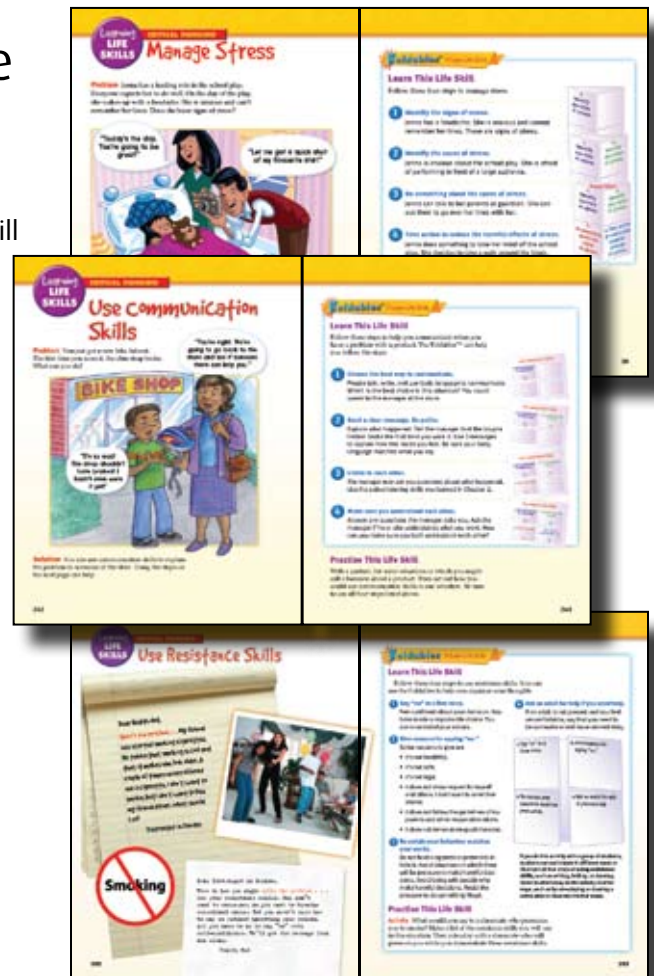
Assessment opportunities appear throughout each chapter and lesson.

**Lesson review:** Assess the student's understanding of lesson content, critical thinking skills and life skills.

**Chapter review:** Assesses student's understanding of:

- chapter vocabulary
- chapter concepts
- reading comprehension
- critical thinking/problem solving skills
- life skills
- reading graphics

**Performance assessment:** Activities and projects at the end of every unit.



Health & Wellness, Canadian Edition Grade 4 pages 38-39 (top)  
Health & Wellness, Canadian Edition Grade 5 pages 242-243 (middle)  
Health & Wellness, Canadian Edition Grade 6 pages 192-193 (bottom)

# teacher's resources

The Teacher's Edition is based on the US edition of **Health & Wellness**, and assist teachers in presenting the lessons. The three-step teaching approach—Quick Start, Teach, and Close—provides structure for each lesson. Levelled activities provide three short options to help teachers adapt the lesson content to students' skill level.

Each lesson begins with a short overview of the lesson objectives, health goals, and available resources. The lesson plan begins with Quick Start, a short activity to get students motivated. It is followed by the Teach section which contains teaching strategies that directly relate to the student edition page. The first strategy in every lesson is Reading Strategy, a short activity or suggestion for applying a reading skill. Discuss strategies comprise background information—including differentiating information on the student edition page—questions and answers to embedded text question.

The answers to the lesson review appear next to the reduced student page in the last section of the teaching plan called Assess. A strategy for working toward lesson-related health goals appears at the end of the lesson. It includes a writing project or other product that can be placed in the student's portfolio.

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# components

## Canadian Edition

### Student Edition

Grade 4 .....	9780070136786 .....	\$60.59
Grade 5.....	9780070136762 .....	\$60.59
Grade 6.....	9780070136755 .....	\$60.59

## US Edition

### Big Ideas Book

Grade K .....	0022850465 .....	\$114.20
Grade 1 .....	0022850473 .....	\$114.20
Grade 2 .....	0022850481 .....	\$114.20

### Little Reader Library

Grade 1 (1 Each of 10 titles) ...	0022851062 .....	\$32.80
Grade 2 (1 Each of 10 titles) ...	0022851089 .....	\$32.80

### Transparencies

Grade 6.....	0022849556 .....	\$154.80
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### Teacher Edition

Grade K.....	0022849610 .....	\$204.95
Grade 1.....	0022849629 .....	\$210.95
Grade 2.....	0022849637 .....	\$210.95
Grade 3.....	0022849653 .....	\$210.95
Grade 4 .....	002284967X .....	\$210.95
Grade 5.....	0022849696 .....	\$210.95
Grade 6.....	0022849726 .....	\$210.95

### Student Edition (US Edition)

Grade 3.....	0022849645 .....	\$71.28
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### Masters with Assessment BLM

Grade K .....	0022850074 .....	\$65.33
Grade 1.....	0022850082 .....	\$65.33
Grade 2 .....	0022850090 .....	\$65.33

### Health Masters BLM

Grade 3 .....	0022850112 .....	\$75.22
Grade 4.....	0022850120 .....	\$75.22
Grade 5.....	0022850139 .....	\$75.22
Grade 6.....	0022850147 .....	\$75.22

### Assessment Book BLM

Grade 3 .....	0022850155 .....	\$66.86
Grade 4.....	0022850163 .....	\$66.86
Grade 5.....	0022850171 .....	\$66.86
Grade 6.....	002285018X .....	\$66.86

## Clipboard Activities

Grade 1.....	0022850228 .....	\$55.68
Grade 2.....	0022850236 .....	\$55.68
Grade 3.....	0022850244 .....	\$55.68
Grade 4.....	0022850252 .....	\$55.68
Grade 5.....	0022850260 .....	\$55.68
Grade 6.....	0022850279 .....	\$55.68

## School to Home Connection

Grade K.....	0022850317 .....	\$23.23
Grade 1.....	0022850325 .....	\$23.23
Grade 2.....	0022850333 .....	\$23.23
Grade 3.....	0022850341 .....	\$23.23
Grade 4.....	002285035X .....	\$23.23
Grade 5.....	0022850368 .....	\$23.23
Grade 6.....	0022850376 .....	\$23.23

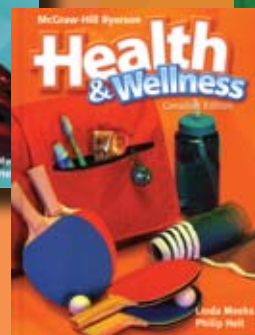
## ELL Activity Guide

Grade K.....	0022850384 .....	\$63.65
Grade 1.....	0022850392 .....	\$63.65
Grade 2.....	0022850414 .....	\$63.65
Grade 3.....	0022850422 .....	\$63.65
Grade 4.....	0022850430 .....	\$63.65
Grade 5.....	0022850449 .....	\$63.65
Grade 6.....	0022850457 .....	\$63.65

## Teacher's Resource Package

Grade 3.....	0022851119 .....	\$279.55
Grade 4.....	0022851127 .....	\$279.55
Grade 5.....	0022851135 .....	\$279.55
Grade 6.....	0022851143 .....	\$279.55

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