

# **YourAmazing Body**

**8th grade**

**60 minute Classroom Program    \$7 Per Child**

*Be a part of a game show format, as students take a remarkable tour of the body to uncover incredible facts about the heart, lungs, kidneys, bones, stomach, and muscles. Are you up for the challenge? With fun game show questions, friendly competition, and lots of class participation, this program is a hit!*

**Your two hour Field Trip Experience includes:**

Classroom Program, Fun-tastic Exhibit Floor, and Interactive Brain Theater

**YOUR AMAZING BODY meets the following Mississippi State Health Competencies:**

**Competency 1:**        Comprehend concepts related to health promotion and disease prevention to enhance health. (D, PH, N, H) NHES 1

**Competency 4:**        Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4  
**Sub-Competencies:**

- Practice refusal skills for risk taking behaviors.

**Competency 5:**        Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5  
**Sub-Competencies:**

- Analyze how nutrition affects physical, mental, and emotional development.

**Competency 6:**        Demonstrate the ability to use goal-setting skills to enhance health. (N, PH, H, S) NHES 6  
**Sub-Competencies:**

- Create a personal health plan that encourages an active lifestyle.

(continued)

**Competency 7:**        Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH, S, SA) NHES 7

**HealthWorks!**

**219 S. Industrial Road, Tupelo, MS 38801**

**(662) 377-KIDS**

**Sub-Competencies:**

- Identify regulations and adverse effects of the use and misuse of prescription, over the counter, and illegal drugs.

**Competency 8:**

Understand the importance of demonstrating the ability to advocate for personal, family, and community health. (C, PH, F)

**Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:**

<i>Personal Health and Consumer Health (PH) (CH)</i>	<i>Nutrition and Fitness (N)</i>
<i>Mental Health (M)</i>	<i>Substance Abuse Prevention (SA)</i>
<i>Family/Social Health (F)</i>	<i>Community and Environmental Health (C)</i>
<i>Human Growth and Development (H)</i>	<i>Safety and First Aid (S)</i>
<i>Disease Prevention and Control (D)</i>	<i>National Health Education Standards (NHES)</i>