



# Discover Health Checklist

Place this near where you work and check things off as you complete them.



## Semester 1

First Quarter	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Chapter Test
Chapter 1 The Body Systems									
Chapter 2 Hygiene and Fitness									
Chapter 3 The Family									
Chapter 4 Emotions									
Chapter 5 Maintaining Mental Health									
Second Quarter									
Chapter 6 Relationships									
Chapter 7 Diet and Health									
Chapter 8 Making Healthy Food Choices									
Chapter 9 Medicines and Drugs									
Chapter 10 Drug Dependence									

## Semester 2

Third Quarter	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Chapter Test
Chapter 11 Disease – Causes and Prevention							
Chapter 12 Preventing AIDS and Sexually Transmitted Disease							
Chapter 13 Common Disease							
Chapter 14 Preventing Injuries							
Chapter 15 First Aid for Injuries							
Fourth Quarter							
Chapter 16 Preventing Violence							
Chapter 17 Consumer Health							
Chapter 18 Public Health							
Chapter 19 Environmental Health							