Class: 9th Grade Health

Teacher: Mr. Lambe

Unit Breakdown and Exam Dates

\*Click on Unit titles to be taken to the text website for an electronic version of the text and other learning resources.

\*Click the Chapter titles to take a practice quiz!

[**Unit 1 – A Healthy Foundation**](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit1/index.html)

Chapter 1: [Understanding Health and Wellness](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit1/chapter1/index.html)

Chapter 2: [Taking Charge of Your Health](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit1/chapter2/index.html)

Homework:

**Exam Date:**

[**Unit 2 - Mental and Emotional Health**](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit2/index.html)  
Chapter 3: [Achieving Mental and Emotional Health](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit2/chapter3/online_quizzes.html)  
Chapter 4: [Managing Stress and Coping with Loss](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit2/chapter4/online_quizzes.html)  
Chapter 5: [Mental and Emotional Problems](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit2/chapter5/online_quizzes.html)  
  
Homework:  
**Exam Date:**

[**Unit 7 - Alcohol, Tobacco, and Other Drugs**](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit7/index.html)  
  
Chapter 19: [Medicines and Drugs](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit7/chapter19/index.html)  
Chapter 20: [Tobacco](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit7/chapter20/index.html)  
Chapter 21: [Alcohol](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit7/chapter21/index.html)  
Chapter 22: [Illegal Drugs](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit7/chapter22/index.html)

[**Unit 5 - Personal Care and Body Systems**](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit5/index.html)  
  
Chapter 13: [Personal Health Care](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit5/chapter13/online_quizzes.html)  
Chapter 14: [Skeletal, Muscular, and Nervous Systems](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit5/chapter14/index.html)  
Chapter 15: [Cardiovascular, Respiratory, and Digestive Systems](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit5/chapter15/index.html)  
Chapter 16: [Endrocrine and Reproductive Health](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit5/chapter16/index.html" \o ")

[**Unit 6: Growth & Development**](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit6/index.html)  
  
Chapter 17: [The Beginning of the Life Cycle](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit6/chapter17/online_quizzes.html)   
Chapter 18:  [The Life Cycle Continues](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit6/chapter18/online_quizzes.html)

[**Unit 4: Nutrition and Physical Activity**](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit4/index.html)  
  
Chapter 10: [Nutrition for Health](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit4/chapter10/online_quizzes.html)  
Chapter 11: [Managing Weight and Eating Behaviors](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit4/chapter11/online_quizzes.html)  
Chapter 12: [Physical Activity and Fitness](http://glencoe.mheducation.com/sites/0078913284/student_view0/unit4/chapter12/online_quizzes.html)