## Block 1: The Human Body
### Unit 1: What Happens If I Don’t Keep A Healthy Weight?
1. **Lesson 1: How Are Food And Energy Related?**
   - Demonstrate the relationship between energy balance and a healthy weight.

### Unit 1: What Happens If I Don’t Keep A Healthy Weight?
2. **Lesson 2: How Does Energy Imbalance Affect My Health?**
   - Describe causes and consequences of obesity and other eating disorders.

### Unit 2: Why Do Our Bodies Change During Puberty?
3. **Lesson 1: What Makes Our Bodies Change During Puberty?**
   - Explain the relationship between the human sexual maturation process and the endocrine system.

4. **Lesson 2: How Does The Human Reproductive System Work?**
   - Describe the relationship between inherited traits and the human reproductive process.

## Skills for Doing Science
- Interpret data.
- Draw conclusions from data.
- Compare and contrast changes in our bodies.
- Sequence events.

## Vocabulary
- Basal Metabolic Rate (BMR), calories, Energyin, Energyout, energy balance, food label, serving size
- anorexia nervosa, Body Mass Index (BMI), bulimia, diabetes mellitus, eating disorders, glucose, insulin, malnutrition, normal weight, obesity, overweight, pancreas, underweight
- adrenal glands, endocrine system, epididymis, estrogen, fallopian tubes, glands, hormones, hypothalamus, ovaries, penis, pituitary gland, progesterone, prostate, puberty, scrotum, seminal vesicles, testes, testosterone, thyroid, urethra, uterus, vagina, vas deferens, vulva
- amniotic sac, chromosomes, ejaculation, embryo, endometrium, fertilization, fetus, inherited traits, menstrual cycle, ovum, placenta, semen, sperm, umbilical cord, zygote

## Project
- How Much Energy Do I Need?
- Do Other Mammals Go Through A Period Of Change To Prepare For Reproduction?