



Digital Walkthrough Guide



Start Your Digital Review



1. Visit my.mheducation.com

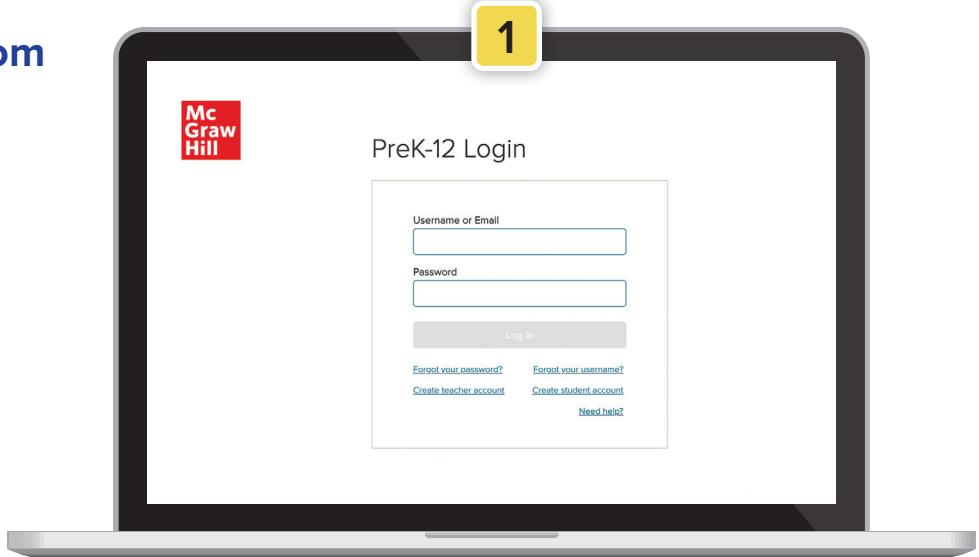
Enter your username and password.

Teacher Username: WVHealth

Teacher Password: Glencoe*1

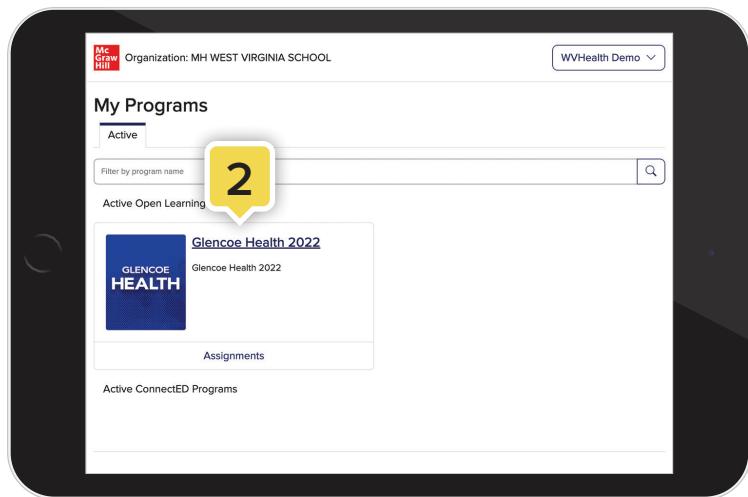
Student Username: WVHealthS

Student Password: Glencoe*1



2. Dashboard

From the teacher dashboard, locate your program in the digital bookbag. Click the program to launch the home page of your digital teacher experience.



Using Your Class Dashboard

Your course dashboard provides quick access to all your teaching resources.

- 1. Browse This Course** helps you find the modules and lessons within the course.
- 2. eBook Options** are conveniently organized together so you can access these resources with ease.
- 3. The Toolbar** navigates you to other teacher tools like assignments, assessments, and more.

1

2

3

Glencoe Health 2022

Module 1 / Lesson

Lesson: Your Total Health

Open

Search Course Resources

GlencoeHealth TeacherDemo

Calendar

Wednesday, November 5, 2025

There are no calendar items scheduled for this day.

Assignments Ready to Grade

Assignment Name	Submission Counts	Unscored Attempts
Lesson 3: Promoting a Smoke-Free Environment	0/2 Submitted	2 to grade

eBook Options

- Glencoe Health: Student Edition
- Glencoe Health: Teacher Edition
- Glencoe Salud: Student Edition

Additional Resources

- Program Overview
- Digital Walkthrough

My Programs

Dashboard

Course

Gradebook

Calendar

Assignments

Roster

Reports

Assessments

My Tools

Using the Module Landing Pages

- 1. On the module landing page you can access resources for both teachers and students. Each module features resources, assessments and project-based learning activities.
- 2. To collapse or expand the different sections, click the **caret**.
- 3. Within the **Teacher Resources** section you will find the Family Letter in both English and Spanish as well as a link to launch the Module in the eBook.
- 4. In the **Assess** section you will find the Module Test.
- 5. Under **Module Resources** you will find activities, worksheets and vocabulary practice materials. (a) Click the **Assign** button to assign these resources to your students. (b) To include these resources in your presentation, toggle the switch next to **Presentation**.
- 6. If you want to add your own resources, click the caret to open the **Teacher-added Resources** on the module landing page then click Upload Resource or Add Web Link. This feature is also available on the lesson-level landing pages.

1

2

3

4

5

a

b

6

Using the Lesson Landing Pages

- 1. On the Module landing page you will see all of the lessons within that module listed out. Click on a lesson to expand the Lesson Landing Page where you will find the (a) eBook and (b) Powerpoints, Assessments and Resources for that specific lesson.
- 2. Click on **Lesson Info** to view the Standards Correlations covered within that specific lesson.

Class: Glencoe Health 2022 ✓ WVHealth Demo ▾

McGraw Hill

My Programs

Dashboard

Course

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Browse This Course

Module 1: Lesson Landing Health and Wellness →

Lesson: Your Total Health →

Lesson: What Affects Your Health? → **1**

eBooks and Powerpoints →

Assess →

Resources →

Lesson: Health Risks and Your Behaviors →

Lesson: Promoting Health and Wellness →

Lesson: What Affects Your Health? → **2**

Lesson Info

eBooks and Powerpoints >

Assess >

Resources >

Lesson 2: What Affects Your Health?

Tags: eBook Visible to Students

Presentation Assign ...

PowerPoint: What Affects Your Health?

Tags: MS PowerPoint Visible to Students

Presentation Download Assign ...

Using the Lesson Landing Pages (cont'd)

Glencoe Health eBook

1. The *Glencoe Health eBook* is the first resource in each lesson. Click the **eBook** tile to open this resource. Once inside the eBook, students can:
 - a. Navigate between lessons by clicking the **Menu** icon. The Table of Contents will appear on the left side of the screen.
 - b. Have the text read aloud by clicking the small speaker icon at the top right-hand side of the page.
 - c. Answer questions by typing in the blank fields underneath them.
 - d. View supporting media, including the Health eSpotlight Videos.
 - e. Define a vocabulary word by clicking on the underlined and highlighted word.
 - f. Highlight or annotate important points in the text by selecting the text and choosing an option from the toolbar that appears.

1

REAL LIFE ISSUES

Learning from Experience. Taylor is taking an elective class called Intergenerations. Students in this class are paired with older adults. Taylor's "classmate" is an active 89-year-old man named Harry. Harry remembers riding in a horse-drawn cart from his family farm to church on Sunday mornings. He also remembers growing up without a television and eating what his family grew on the farm. Taylor's assignment is to interview Harry about his secrets to a long, healthy, and happy life. *Write a short questionnaire listing what Taylor might ask Harry. Cover all the factors you think might contribute to a long, healthy life.*

After completing the lesson, review and analyze your responses to the Real Life Issues question.

Instructional Text

Type your answer here...

Done

Health eSpotlight Video

Play 0:43 1x

Conflict

MAIN IDEA Conflicts can arise for a variety of reasons. What do you think of when you hear the term **conflict**? Some conflicts are fairly trivial, such as a struggle between two siblings over control of the TV remote. Others can be serious and deadly, such as turf wars between rival nations. The term conflict refers to any dispute, struggle, or fight. There

Interpersonal conflicts Interpersonal conflicts are between two or more people. They tend to arise when one party of another party. Interpersonal conflicts can occur between people or entire nations.

Internal conflicts Internal conflicts take place within a single person. For example, if your best friend's birthday party and your sister's school play are on the same day, you might go through an internal conflict over which event to attend.

Language English

Conflicts between people or groups of people.

The Importance of Health Education

MAIN IDEA Individual, family, community, and national health require planning and responsible behavior on everyone's part.

Achieving a high level of health can help you remain healthy throughout your lifetime. However, achieving health is not just a goal for individuals. Promoting health is also an important goal for families, communities, and the nation as a whole. Making the public healthier is one way to provide a higher quality of life for all Americans.

Maintaining good health costs money. The total cost of healthcare reached \$3.6 trillion in 2017. This is a lot of money! It would be avoided if people made better decisions. Some of the ways to make healthier decisions include eating healthy foods, getting regular exercise, promoting healthy habits, and taking responsibility for

Using the Lesson Landing Pages (cont'd)



PowerPoint Presentation

- To open the PowerPoint Presentation you can either click on the tile to view this resource within the platform or click the download button which will then allow you to edit and print the presentation.

2

Causes of Conflict

Understanding Conflicts

Main Idea

Conflicts can arise for a variety of reasons.

Some conflicts are trivial, but others can be serious or even deadly.

Assess

- The Assess section features assessments that gauge student understanding. You can open this section on the lesson landing page by clicking the caret. Within this section, you will find the (a) **Lesson Check**—a short assessment that is exclusive to the digital experience—and the (b) **Lesson Quiz** and (c) **Lesson Quiz Answers** which are downloadable and printable PDFs.
- When you click **Assign** for the Lesson Quiz, you will then be prompted to input start and due dates, points associated, and the students to whom you are assigning this quiz.

3

a

Lesson Check: Your Total Health

Tags: Assessment

b

Print Lesson Quiz

Tags: PDF Visible to Students

c

Print Lesson Quiz Answers

Tags: PDF Teacher Only

d

Download Assign ...

Download Assign ...

Resources

- Lesson-level resources can be opened by clicking the caret located to the right.

4

Resources

Academic Integration Worksheet

Tags: PDF Visible to Students

Download Assign ...

Academic Integration Worksheet Answers

Tags: PDF Teacher Only

Using the Lesson Landing Pages (cont'd)



Additional Resources and Instructional Tools

1. Click the **three dot icon** in next to Assign and Filter to see the lesson content as a student will see it.
2. If any of the resource tiles on the module or lesson landing pages say **Visible to Students** they will appear on the student page. To remove a resource from view, click on the three dot icon and select Hide From Students.
3. Get students started with physical activity by selecting any lesson within the last module of the main menu (**Fitness Zone**). Within these lesson-level landing pages, you will find features and resources for your students, including Personal Fitness Logs, Heart Rate Monitor Activities, Videos, Podcasts, Clipboard Energizer Activities, and more.

Lesson: What Affects Your Health?

Lesson Info

12: What Affects Your Health? **Visible to Students**

eBooks and Powe... **eBook** **Visible to Students**

Teacher Edition: Understanding Health and Wellness

Resources

Fitness Zone **Open**

Lesson: Clipboard Activity **Open**

Lesson: Videos and Podcasts **Open**

Lesson: Heart Rate Monitor **Open**

Module 15: Cardiovascular, Respiratory, and Digestive Systems

Module 16: Endocrine and Reproductive Health

Module 17: The Beginning of the Life Cycle

Module 18: The Life Cycle Continues

Module 19: Medicines and Drugs

Module 20: Tobacco

Module 21: Alcohol

Module 22: Illegal Drugs

Module 23: Communicable Diseases

Module 24: Sexually Transmitted Diseases and HIV/AIDS

Module 25: Noncommunicable Diseases and Disabilities

Module 26: Safety and Injury Prevention

Module 27: First Aid and Emergencies

Module 28: Community Mental Health

Resources: Hands on **Open**

Resources: Fitness Zone **Open**

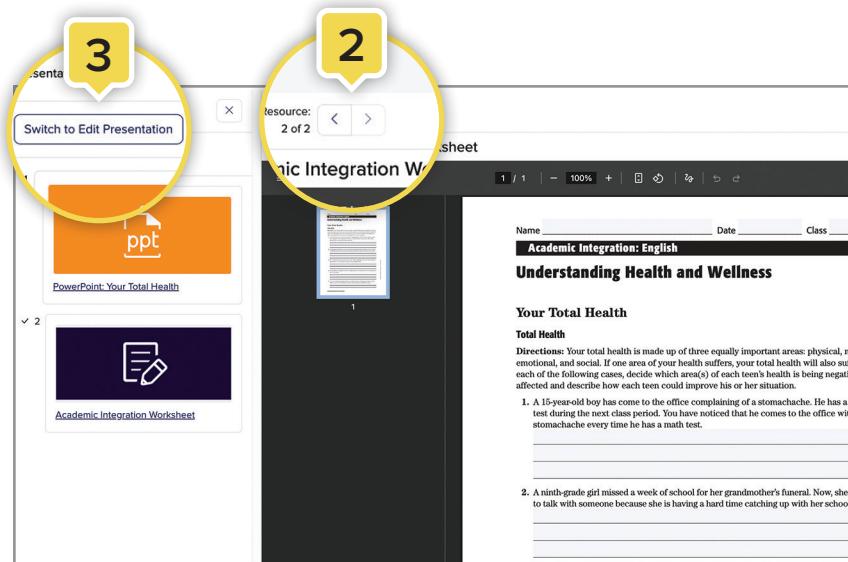
Reference: Glossary



Navigating & Customizing Your Presentations

If you selected the **Presentation** option on any of the resource tiles on the Lesson page, those assets will appear in your presentation.

1. To start your presentation, click the **Present** button at the top of the page.
2. Click on the **arrows** to navigate within the same learning resource. Only resources with multiple pages or slides feature arrows for navigation.
3. By clicking on the **Switch to Edit Presentation** button, you are able to move resources around to customize your presentation.



Assessments

1. Click **Assessments** on the left sidebar to access assessment tools.

2. The **Question** tab is where all the questions for each lesson are stored.

- Each module in the program has a folder. Click a folder to access and edit dozens of pre-made questions for that module.
- You can create your own questions by clicking the **New Question** button.

Class: Glencoe Health 2022

WVHealth Demo

Assessments

Assessment Question Passage Deleted Items

New Folder New Question

Search By Title Downloads

55 Results Found

Type Title Owner

My Questions Me

Module Test B: Achieving Mental and Emotional Health McGraw Hill

Module Test B: Managing Stress and Coping with Loss McGraw Hill

Module Test B: Mental and Emotional Problems McGraw Hill

19 Module Test B: Medicines and Drugs McGraw Hill

20 Module Test B: Tobacco McGraw Hill

21 Module Test B: Alcohol McGraw Hill

22 Module Test B: Illegal Drugs

10 Module Test B: Nutrition for Health

11 Module Test B: Managing Weight and Eating Behaviors

1 Module Test B: Understanding Health and Wellness

2 Module Test B: Taking Charge of Your Health

Assessments

Assessment Question Passage Deleted Items

New New Question

Contains

10 Module Test B: Nutrition for Health

25 Results

Type

1 The psychological desire for food is referred to as hunger.

2 Factors that can influence food choices include emotions.

3 Eating plenty of calcium-rich foods can reduce the risk of stroke.

4 In MyPlate, each colored section represents a different food group.

5 Bacteria and viruses are responsible for most cases of food intolerance.

6 The energy provided by food is

7 If Juan usually overeats at his grandmother's house on holidays, which factors are most likely to influence his behavior?

8 Jana's doctor said that she should eat more fiber. Which three types of foods would provide Jana with the most fiber?

9 It is more dangerous to consume large amounts of vitamin E than vitamin C because excess vitamin

10 Which type of fat is most dangerous for someone with heart disease?

11 The Dietary Guidelines for Americans recommend

Assessments (cont'd)

3. Click the **Assessment** tab to assign, edit or print an assessment.

- Click on a module folder, then click on the **three dot icon** to the right of title.
- Select an option from the drop-down menu.

Class: Glencoe Health 2022

WVHealth Demo

Assessments

Assessment Question Passage Deleted Items

New Folder New Assessment

Search By Title Downloads

56 Results Found

Type	Title	Owner
My Assessments		Me
Copies Received		Me
Module: Managing Weight and Eating Behaviors	McGraw Hill	
Module: Managing Weight and Eating Behaviors (Spanish)	McGraw Hill	
Module: Medicines and Drugs	McGraw Hill	
Module: Medicines and Drugs (Spanish)	McGraw Hill	
Module: Mental and Emotional Problems	McGraw Hill	
Module: Mental and Emotional Problems (Spanish)	McGraw Hill	
Module: Communicable Diseases and Dis	McGraw Hill	
Module: Nutrition for Health	McGraw Hill	
Module: Peer Relation Health (Spanish)	McGraw Hill	

Assessments

Assessment Question Passage Deleted Items

Assessments / Module: Nutrition for Health

New Folder New Assessment Contains Search By Title Filters Downloads

5 Results Found

Type	Title	Action
Lesson: The Importance of Nutrition	b	
Lesson: Nutrients	b	
Lesson: Healthy Food Guidelines	b	
Lesson: Nutrition Labels and Food Safety	b	
Module Test: Nutrition for Health	b	

Student Preview

Edit

Assign

Print

Export Metadata

Learn more

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mheducation.com/west-virginia