

## 3/4 Health

### **Content Standards:**

Students will:

- Know how to establish and maintain physical, social, and mental/emotional health
- Know how to prevent injury and disease
- Understand basic principles of human growth and development
- Know how to establish and maintain substance-free lifestyles

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Identify major nutrients supplied by each food group of the Food Group Pyramid.</li> <li>2. Describe the major nutrient categories (protein, carbohydrates, fats, vitamins, minerals) and how they affect our health/body.</li> <li>3. Describe the relationship between food, food intake, and physical activity.</li> <li>4. Identify appropriate healthy snacks and describe how to make good choices.</li> <li>5. Describe and plan healthy meals.</li> </ol>	<b>Food and Nutrition</b>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Discuss/describe measures to be taken to prevent accidents and other dangers in the home, school, and community.</li> <li>2. Identify behaviors and corresponding consequences that relate to safety.</li> <li>3. Identify unsafe situations and describe the measures to be taken to prevent accidents in dangerous situations.</li> <li>4. Identify people in the home, school, and community who can assist in case of an accident or injury.</li> <li>5. Identify and explain the difference between appropriate and inappropriate touch and behavior (nurse/social worker).</li> </ol>	<b>Personal Safety</b>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Know and practice behaviors that promote good personal hygiene.</li> <li>2. Demonstrate behaviors that will prevent the spread of germs.</li> <li>3. Understand that illnesses have different causes, symptoms, treatments, and outcomes.</li> <li>4. Explain the importance of doctor and dental visits.</li> </ol>	<b>Personal Hygiene</b>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Identify strengths of others, ways to make others feel accepted, ways to make friends and qualities of good friendships.</li> <li>2. Describe and practice positive ways to interact with others and resolve conflicts.</li> <li>3. Describe and practice positive ways to show care, consideration and concern for self and others.</li> <li>4. Identify and practice ways to assertively say No in personal safety situations.</li> </ol>	<b>Communication and Conflict Resolution</b>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Describe the harmful effects of alcohol, tobacco, and other drugs (ATOD).</li> <li>2. Differentiate between healthy ("good") drugs and unhealthy "bad" drugs.</li> <li>3. Identify the rules/laws and describe consequences associated with ATOD use (family, school, and community).</li> <li>4. Understand that addiction and chemical dependency are treatable diseases.</li> <li>5. Identify and discuss influences to use ATOD.</li> <li>6. Identify and demonstrate communication strategies/skills used to avoid ATOD in relating to peer pressure and the ability to access helping resources (assertiveness, refusal skills, and problem solving).</li> <li>7. Know that nicotine is a drug.</li> <li>8. Describe ways to resist pressures to use.</li> <li>9. Explain the difficulty of stopping tobacco use.</li> <li>10. Describe the long-term and short-term health benefits of not using tobacco.</li> <li>11. Know what "taking a risk" is.</li> </ol>	<p><b>Substance Abuse Prevention</b></p>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Understand that the lungs and the heart work together.</li> <li>2. Identify parts of the circulatory system and their function.</li> <li>3. Understand the correlation between exercise and a strong/healthy heart.</li> <li>4. Describe how and be able to take one's pulse.</li> <li>5. Understand how exercise changes our heart rate from rest to exercise/movement to recovery.</li> </ol>	<b>Circulatory System</b>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Describe the relationship between physical activities, eating, and health, and how it impacts the heart.</li> <li>2. Explain the process of digestion and describe how healthful eating benefits the digestive system.</li> <li>3. Explain how the body systems of digestion and circulation are interrelated and how the health of one system can affect the health of the other system.</li> <li>4. Know how to read nutrition labels to help reduce fat intake.</li> </ol>	<b>Healthy and Active Life</b>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Explain safety techniques for fire safety, water safety, electrical safety, bicycle safety, and traffic safety.</li> <li>2. Identify poisons and explain how to avoid them.</li> <li>3. Explain how poison control can help in a poison emergency.</li> <li>4. Identify ways to promote environmental health to include recycling and various environmental health issues.</li> <li>5. Describe dangers of bullying and ways to deal with bullying situations.</li> </ol>	<p><b>Injury and Disease Prevention</b></p>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Describe personal strengths and assets.</li> <li>2. Identify characteristics of positive role models.</li> <li>3. Demonstrate a sense of connectedness.</li> <li>4. Demonstrate a sense of empowerment.</li> <li>5. Explain how to express needs, wants, and feelings.</li> <li>6. Identify positive ways to handle emotions.</li> <li>7. Identify ways to manage and reduce anger.</li> <li>8. Identify ways to manage conflict.</li> <li>9. Explain ways to communicate respect for diversity.</li> <li>10. Describe how to speak effectively using "I-statements," eye contact and assertiveness.</li> <li>11. Identify characteristics of verbal and non-verbal communication.</li> <li>12. Identify diverse families and family structures.</li> <li>13. Describe the effects of changes in families.</li> <li>14. Describe the emotional and physical changes that occur as we grow in families.</li> <li>15. Identify ways to communicate respect for self and others.</li> <li>16. Explain that HIV/AIDS is a communicable disease that cannot be spread through casual contact.</li> </ol>	<p><b>Human Growth and Development</b></p>