

# Grade 5

## Physical and Personal Wellness CH.5.2

### 1 Demonstrate the ability to make good decisions about healthy eating behaviors. CH.5.2.1

- a Access valid information pertaining to fat, salt and sugar content in order to maintain good health and improve food choices. CH.5.2.1.A
  - b Analyze the food and beverage choices of self or others to inform healthy behaviors. CH.5.2.1.B
  - c Use current federal nutrition standards and guidelines to plan healthy meals and snacks. CH.5.2.1.C
  - d Demonstrate how to politely advocate for foods that are more nutritious. CH.5.2.1.D
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### 2 Explain the structure, function and major parts of the human reproductive system. CH.5.2.2

- a Summarize the anatomy of the reproductive system, including functions of the male and female reproductive systems. CH.5.2.2.A
  - b Describe the purpose of the menstrual cycle and its relationship to fertilization. CH.5.2.2.B
  - c Explain that after fertilization, cells divide to create an embryo and then a fetus that grows and develops inside the uterus during pregnancy. CH.5.2.2.C
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### 3 Describe the physical, social, and emotional changes that occur at puberty. CH.5.2.3

- a Discuss why puberty begins and ends at different ages for different people, and that variance is considered normal. CH.5.2.3.A
- b Identify how personal hygiene practices can impact health and safety during puberty. CH.5.2.3.B
- c Determine factors that influence the purchase of health care products and the use of personal hygiene practices CH.5.2.3.C
- d Discuss how changes during puberty affect thoughts, emotions, growth patterns, and behaviors. CH.5.2.3.D

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**4 Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness.** CH.5.2.4

- a Access valid and reliable sources of information including parents or trusted adults to answer questions about personal health. CH.5.2.4.A
- b Demonstrate effective communication strategies to talk to someone such as a parent, trusted adult, or health care provider. CH.5.2.4.B

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**5 Comprehend concepts and identify strategies to prevent the transmission of disease.** CH.5.2.5

- a Differentiate between communicable and non-communicable diseases. CH.5.2.5.A
- b Describe how the body fights germs and diseases naturally, with medicines, and through immunization. CH.5.2.5.B
- c Describe ways to prevent the spread of germs that cause infectious diseases through food, water, air, blood, touch, and animals. CH.5.2.5.C
- d Describe the effects of HIV infection on the body. CH.5.2.5.D
- e Explain how HIV is and is not contracted. CH.5.2.5.E
- f Explain that it is safe to be a friend of someone who has a disease or conditions that cannot be easily transmitted. CH.5.2.5.F

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**Social and Emotional Wellness** CH.5.3

**1 Analyze internal and external factors that influence mental and emotional health.** CH.5.3.1

- a Describe how feelings and emotions are portrayed in the media. CH.5.3.1.A
- b Identify how society, media, and the use of modern technology can influence mental and emotional health. CH.5.3.1.B
- c Explain how families and peers can influence mental and emotional health. CH.5.3.1.C
- d Identify ways to counteract negative influences that impact mental and emotional health. CH.5.3.1.D
- e Identify when it is appropriate to seek help/support during times of strong emotions/feelings. CH.5.3.1.E

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**Prevention and Risk Management** CH.5.4

**1 Demonstrate the ability to make good decisions about drug use marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.** CH.5.4.1

- a Identify sources of accurate information about the effects of alcohol, tobacco, and marijuana. CH.5.4.1.A
- b Analyze the dangers of use or experimentation with marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH.5.4.1.B
- c Demonstrate a decision making process to make good decisions about the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco. CH.5.4.1.C
- d Describe the proper use of over-the-counter and prescription drugs. CH.5.4.1.D

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**2 Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying.** CH.5.4.2

- a Identify factors that influence both violent and nonviolent behaviors. CH.5.4.2.A
- b Explain the impact and the short- and long-term consequences of bullying, physical fighting, and violence. CH.5.4.2.B
- c Demonstrate pro-social communication skills and strategies to diffuse conflict and avoid violence. CH.5.4.2.C
- d Describe how to use social media to promote positive relationships. CH.5.4.2.D
- e Identify resources, including safe people, parents, or adults, who can help prevent or intervene in unsafe situations in the school and community. CH.5.4.2.E

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**3 Demonstrate basic first aid and safety procedures.** CH.5.4.3

- a Identify ways to reduce the risk of injuries from animal bites and insect stings. CH.5.4.3.A
- b Explain what to do, such as calling 911 or a poison control center, if someone is injured or is poisoned by products such as household cleaners or other substances. CH.5.4.3.B
- c Describe first aid procedures for a variety of situations, including insect stings, bites, poisoning, and choking. CH.5.4.3.C
- d Develop and apply a decision-making process for avoiding situations that could lead to injury. CH.5.4.3.D