

# Health Literacy: Grades 3, 4, 5

Adopted 2010

**Obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.**

**Know and use concepts related to health promotion and disease prevention.**

- Describe the influence of risk and protective factors.
- Identify examples of physical, emotional, intellectual, environmental, social, sexual and spiritual wellness during childhood.
- Analyze how heredity, environment and personal health are related.
- Explain proper prevention/management of health crises.
- Identify where to find help with health care when needed.
- Describe the impact of personal health behaviors on the functioning of body systems.
- Identify how personal choices impact health and disease prevention.
- Describe preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.

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**Analyze influencing factors on health enhancing behaviors.**

- Describe how diverse families, peers, cultural practices and attitudes influence health related decisions.
- Describe how media, technology, research and medical advances impact health.
- Recognize how national and international public health and safety issues affect personal and family health status.

**Utilize interactive literacy and social skills to establish personal, family, and community health goals.**

**Demonstrate social and communication skills that enhance health and increase safety.**

- Demonstrate appropriate verbal and nonverbal communication skills to enhance health of self and others.
- Practice strategies to manage or resolve conflict.
- State methods of obtaining help for self and others.
- Demonstrate ways to communicate care, consideration, empathy and respect for self and others.

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**Advocate for personal, family and community health.**

- Identify personal, family and community health needs.
  - Demonstrate how to influence and support others to make positive health choices.
  - Describe ways to improve family and community health.
  - Articulate effective communication related to health care practices.
  - Use assertive communications skills to consistently advocate for a healthy, violence-free environment.
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**Demonstrate critical literacy/thinking skills related to personal, family, and community wellness.****Demonstrate decision making skills.**

- Explain different approaches to making decisions.
  - Describe the effectiveness of health-related decisions.
  - Demonstrate the ability to seek assistance when making health related decisions.
  - Recognize that health related decisions have an impact on individual, family, community, and environment.
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**Demonstrate goal-setting skills.**

- Develop goals to enhance health status.
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**Recognize that media and other influences affect personal, family and community health.****Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.**

- Demonstrate appropriate responses to negative and positive health influences.
  - Recognize public health policies that aid in the prevention and maintenance of school and community health.
  - Describe the influence of cultural diversities on health behaviors.
  - Explain how information from school and family influences health.
  - Identify characteristics of valid health information sources.
  - Recognize the techniques used by print and non-print media sources.
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**Access valid information, products and services.**

- Identify factors that influence the selection of health products and services.
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**Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.****Achieve and maintain health enhancing level of physical activity.**

- Identify personal physical strengths and weaknesses.
- Engage in physical activities to improve fitness components.

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**Practice preventive health behaviors.**

- Demonstrate appropriate and effective stress management.
- Assess risk factors that contribute to healthy choices.
- Choose healthy foods.
- Demonstrate behaviors that contribute to holistic wellness for individuals, families and communities.