

# Grades 3-5

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

## Community Health

- 1 Community helpers and their roles within communities 5.1
  - 2 Local community needs/issues/events 5.
  - 3 Structure of communities 5.
  - 4 Individual roles in maintaining a healthy community 5.4
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## Consumer Health

- 1 Validity of information on health care products and services 5.
  - 2 Hazards and benefits of medicines and health-care products 5.2
  - 3 Interpersonal and intrapersonal influences on health choices 5.3
  - 4 Validity of product claims 5.4
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## Environmental Health

- 1 Healthy and clean communities 5.1
  - 2 Reduce, reuse, recycle, and alternatives 5.
  - 3 Types and effects of pollution 5.3
  - 4 Environmental hazards and their health risks (air, soil, sun, water, noise, food, chemicals, etc.) 5.4
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## Human Sexuality and Relationships

- 1 Building healthy relationships 5.1
- 2 Changes associated with puberty 5.2
- 3 Respect yourself and others 5.3
- 4 Adapting to changes within families 5.4
- 5 Stages of development 5.5

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## **Injury Prevention and Safety**

- 1 Behaviors to prevent physical injury (ex. - fire safety, exercising, bicycle safety, car safety, etc.) 5.
- 2 Regularly and properly use safety equipment 5.
- 3 Proper responses to emergency situations 5.
- 4 Refusal skills and decision making, to reduce accidents and injuries 5.4
- 5 Basic first aid (including when to call 911, etc.) 5.5
- 6 Resources for injury prevention 5.6
- 7 Safety when using the internet and other technology 5.7
- 8 Non-violent strategies to manage or resolve conflicts 5.8

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## **Mental and Emotional Health**

- 1 Appropriate methods of expressing feelings 5.1
- 2 Expressing wants and needs in a productive and healthy manner 5.
- 3 Care, consideration, and respect to self and others 5.3
- 4 Stress management and coping skills 5.
- 5 Interpersonal and intrapersonal motivation for self-efficacy 5.5
- 6 Relationship between body image and self-esteem 5.6
- 7 Techniques to prevent bullying 5.7

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## **Nutrition**

- 1 Digestive system (basic function and organs) 5.1
- 2 Calories 5.
- 3 Food groups 5.
- 4 Healthy nutrition guidelines 5.4
- 5 Nutritional needs through stages of development 5.5
- 6 Food labels 5.6
- 7 Energy and nutrients 5.7
- 8 Food health policies 5.8
- 9 Eating disorders/dysfunctions 5.9
- 10 Links between nutrition and illness 5.10
- 11 Energy drinks 5.11
- 12 Informed food selection 5.12
- 13 Impact of food choices 5.13

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## **Personal Health**

- 1 Function and anatomy of the body systems 5.1
- 2 Responsible care of the body (ex. - nutrition, hygiene, exercise, etc.) 5.
- 3 Benefits of exercise 5.
- 4 Importance and strategies to seek personal health care 5.
- 5 Relationship between emotional, mental, social, and physical health 5.5
- 6 Value and impact of sleep on the body 5.6

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## **Prevention & Control of Disease**

- 1 Health plan for germ protection for disease prevention 5.1
- 2 Common allergies and illnesses, symptoms and management 5.
- 3 Communicable and non-communicable illnesses 5.
- 4 Roles of the body and medicines in protecting against germs 5.
- 5 Relationship between lifestyle choices and disease prevention 5.5
- 6 Bacterial, viral, and fungal infections 5.6
- 7 Structure and functions of the immune system 5.7

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## **Substance Use and Abuse & Addiction**

- 1 Types of tobacco products and the risks of using these products 5.1
- 2 Dangers of misuse and abuse of drugs 5.2
- 3 Proper use of over the counter and prescription medicines 5.3
- 4 Short-term and long-term effects of drugs 5.4
- 5 Rules and laws for medicines and drugs 5.5
- 6 Physical and psychological addictions 5.6
- 7 Values and social behaviors in preventing drug use 5.7
- 8 Resources and trusted experts on drugs and medicines 5.8
- 9 Personal strategies (assertiveness, resistance, refusal skills, and goal setting) for drug free living 5.9