

# Grade 5

Adopted 2012

**Comprehend concepts related to health promotion and disease prevention to enhance health.**

**Describe how participation in physical activity affects the body.**

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**Discuss how the body's defenses against disease work.**

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**Identify ways the body's defense system can be improved.**

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**Distinguish between healthy and unhealthy snacks.**

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**Analyze the influence of family, peers, culture, media, technology, and other factors on health.**

**Explore various eating habits and how they relate to family culture and lifestyles.**

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**Describe the way technology affects health.**

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**Analyze ways in which the media influences buying decisions regarding health products, medicine, and food.**

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**Demonstrate the ability to access valid health information and products and services to enhance health.**

**Locate and evaluate the functions of community agencies and health care professionals.**

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**Identify the impact of health services (e.g., ambulance service, rescue squad) in the community.**

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**Identify and discuss the use and impact of health products (e.g., sunscreen, toothpaste).**

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**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Identify and discuss the use and impact of health products (e.g., sunscreen, toothpaste).**

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**Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family, and others in socially acceptable ways.**

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**Demonstrate an awareness of safety through modeling.**

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**Demonstrate the ability to use decision-making skills to enhance health.**

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**Explore the characteristics of habits and how habits affect personal health.**

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**Demonstrate the ability to use goal-setting skills**

**Identify health goals and evaluate strategies/skills for attaining personal health goals.**

**to enhance health.**

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**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Examine health and fitness assessments and their role in developing a plan for life long fitness.**

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**Demonstrate the ability to advocate for personal, family, and community health.**

**Identify responsibilities of a family.**

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**Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).**