

# Health: Grade 4

Adopted 2016

## Wellness

### 1. Dimensions of Health

- 4. Identify dimensions of health. [H1.W1.4](#)
- 

### 2. Hygiene

- 4. Describe personal hygiene needs associated with the onset of puberty. [H1.W2.4](#)
- 

### 3. Disease Prevention

- a. List ways to prevent debilitating or life-threatening diseases. [H1.W3.4.A](#)
  - b. Identify ways to keep the immune system strong. [H1.W3.4.B](#)
- 

### 4. Analyzing Influences

- 4. Identify how culture influences health decisions and behaviors. [H2.W4.4](#)
- 

### 5. Access Valid Information

- 4. Investigate validity of health and wellness information, products, and services. [H3.W5.4](#)
- 

### 6. Communication

- 4. Demonstrate appropriate strategies to manage or resolve conflict. [H4.W6.4](#)
  - 4. Recognize steps to a decision-making model. [H5.W6.4](#)
- 

### 7. Decision-Making

- 4. Predict potential long-term outcomes of a health-related decision. [H5.W7.4](#)
- 

### 8. Goal-Setting

- 4. Create a personal health goal and track progress toward achieving it. [H6.W8.4](#)
- 

## Safety

### 1. Injury Prevention

- 4. Identify ways to prevent injuries in recreational activities. [H1.SA1.4](#)
- 4. Describe practices and behaviors that promote safety and reduce or prevent injuries. [H7.SA1.4](#)

---

## 2. First Aid

- a. Describe how to prepare for an emergency. [H1.SA2.4.A](#)
  - b. Understand basic first aid for minor injuries. [H1.SA2.4.B](#)
- 

## 3. Violence Prevention

- a. Explain how potentially violent situations can be avoided. [H1.SA3.4.A](#)
  - b. Explain importance of communicating and interacting safely when using electronic media. [H1.SA3.4.B](#)
  - 4. Identify influences on violence and violence prevention. [H2.SA3.4](#)
- 

## Nutrition

### 1. Food Groups and Nutrients

- a. Create a balanced daily food plan. [H1.N1.4.A](#)
  - b. Classify nutrients found in foods. [H1.N1.4.B](#)
  - c. Describe how each nutrient contributes to a healthy body. [H1.N1.4.C](#)
- 

### 2. Beverages

- 4. Identify impact of high-sugar and high-caffeine drinks. [H1.N2.4](#)
- 

### 3. Label Literacy

- 4. Explain how to use information found on a Nutrition Facts label. [H1.N3.4](#)
  - 4. Compare and contrast Nutrition Facts labels for nutrition information. [H3.N3.4](#)
- 

### 4. Caloric Intake and Expenditure

- a. Describe why individuals have different caloric needs. [H1.N4.4.A](#)
  - b. Identify ways to balance caloric intake and expenditure. [H1.N4.4.B](#)
- 

### 5. Disease Prevention

- a. Identify foods that are high in fat and low in fat. [H1.N5.4.A](#)
  - b. Describe benefits and consequences of consuming fats. [H1.N5.4.B](#)
  - c. Describe how vitamins and minerals contribute to disease prevention. [H1.N5.4.C](#)
- 

### 6. Nutritional Planning

- 4. Describe how family, school, community, peers, media, and technology influence food and beverage choices and eating behaviors. [H2.N6.4](#)
  - 4. Identify resources that can help achieve a healthy eating goal. [H3.N6.4](#)
  - 4. Develop a plan to achieve a healthy eating goal. [H6.N6.4](#)
- 

## Sexual Health

### 1. Anatomy and Physiology

- 4. Label medically accurate names for body parts, including internal and external reproductive anatomy. [H1.SE1.4](#)

---

## 2. Growth and Development

- a. Understand physical, social, and emotional changes occur during puberty. [H1.SE2.4.A](#)
- b. Recognize puberty and physical development can vary considerably. [H1.SE2.4.B](#)

---

## 3. Reproduction

- 4. Understand reproductive organs allow living things to reproduce. [H1.SE3.4](#)

---

## 4. HIV Prevention

- 4. Understand how communicable diseases are transmitted. [H1.SE4.4](#)

---

## 5. Self-Identity

- 4. Identify how friends and family can influence ideas regarding gender roles, identity, and expression. [H2.SE5.4](#)
- 4. Demonstrate ways to show respect for all people. [H4.SE5.4](#)
- 4. Define sexual orientation. [H1.SE5.4](#)

---

## 6. Healthy Relationships

- 4. Describe characteristics of healthy friendships and other relationships. [H1.SE6.4](#)
  - a. Explain importance of communicating with trusted adults about relationships. [H2.SE6.4.A](#)
  - b. Understand ways family, friends, and peers can have a positive or negative influence on relationships. [H2.SE6.4.B](#)
- 4. Demonstrate positive ways to communicate differences of opinion and feelings while maintaining relationships. [H4.SE6.4](#)

---

## Social Emotional Health

### 1. Self-Esteem

- a. Compare and contrast high and low self-esteem. [H1.S01.4.A](#)
- b. Understand the connection between self-esteem and healthy decision-making. [H1.S01.4.B](#)

---

### 2. Body Image

- 4. Understand influences of family, culture, and media on body image. [H2.S02.4](#)

---

### 3. Stress Management

- a. Explain emotional reactions to stress. [H1.S03.4.A](#)
- b. Describe relationship between attitude and stress. [H1.S03.4.B](#)
- c. Explain how stress management techniques positively impact health. [H1.S03.4.C](#)

---

#### 4. Expressing Emotions

- a. Explain how expression of emotions may impact others. H4.S04.4.A
- b. Understand how to express empathy. H4.S04.4.B

---

#### 5. Harassment, Intimidation, and Bullying

- 4. Compare and contrast bullying, teasing, harassment, and intimidation. H1.S05.4
- 4. Demonstrate how to respond appropriately to bullying, harassment, and intimidation. H4.S05.4

---

### Substance Use and Abuse

#### 1. Use and Abuse

- a. Understand differences between medically accurate use and abuse of prescriptions and over-the-counter medicines. H1.SU1.4.A
- b. Understand tobacco, alcohol, and marijuana are illegal for minors. H1.SU1.4.B
- c. Describe reasons people use tobacco, alcohol, and other drugs. H1.SU1.4.C
- 4. Identify how peers, media, and technology influence decisions related to tobacco, alcohol, and marijuana. H2.SU1.4

---

#### 2. Effects

- 4. Describe harmful effects of medicines tobacco, alcohol, and marijuana. H1.SU2.4

---

#### 3. Prevention

- 4. Describe how to ask for help to avoid situations in which others are using tobacco, alcohol, or marijuana. H4.SU3.4
- 4. Determine benefits of abstaining from or discontinuing use of tobacco, alcohol, and marijuana. H1.SU3.4