

## Health Education Grade 4

The following health education standards are incorporated into each of the instructional units where appropriate:

- Accessing Information
- Self Management
- Analyzing Influences
- Interpersonal Communication
- Decision Making
- Goal Setting
- Advocacy.

### **UNIT I: Nutrition and Fitness**

**Goal.** The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote a healthy lifestyle.

**Objectives-** The student will be able to:

- a. Explain how essential nutrients contribute to a healthy body.
- b. Explain the relationship among caloric intake, exercise, and weight.
- c. Examine information provided on food labels to assist in the selection of healthy foods.
- d. Explain how physical activity, adequate rest, and a healthy diet will help the body function efficiently.
- e. Apply information from MyPyramid to choose healthy snacks.
- f. Using the *Dietary Guidelines for Americans* as a resource, develop a plan for improving a minimum of two personal eating habits.

### **UNIT II: Safety, First Aid, and Injury Prevention**

**Goal.** The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote safe living in the home, school, and community.

**Objectives-** The student will be able to:

- a. Develop a plan to respond appropriately to potentially dangerous situations.
- b. Differentiate between minor injuries and medical emergencies and identify appropriate medical resources for treatment.
- c. Explore and differentiate among conflict resolution strategies for issues such as name-calling, bullying, and harassment.
- d. Apply conflict resolution strategies to situations involving name-calling, bullying, and harassment.
- e. Identify and define the four types of child abuse.
- f. Identify prevention and intervention strategies against molestation.
- g. Use appropriate verbal and nonverbal responses to prevent child abuse.

### **UNIT III: Disease Prevention and Control**

**Goal.** The student will demonstrate the ability to understand health promotion and disease prevention concepts to establish a foundation for leading a healthy, productive life.

**Objectives-** The student will be able to:

- a. Describe the basic structure and function of human body systems.
- b. Differentiate between communicable and noncommunicable diseases to include HIV/AIDS.
- c. Categorize communicable diseases by causative agents and modes of transmission.
- d. Identify risk factors associated with disease control to include proper handling of blood.
- e. Identify body defenses and the immune system, which help prevent disease.
- f. Explain how healthy lifestyles and immunization help to prevent and control disease.
- g. Discuss the physical, social, and emotional effects of disease.
- h. Show compassion for individuals with diseases.
- i. Recognize that disease affects the lifestyles of both the individual and the family.