
Health Education: Grade 4

The content in the DoDEA health education standards is organized into seven strands. The six standards in the first strand, Health Literacy Skills (HESK), address skills that are for personal, family and community health enhancement. These standards teach essential and transferable skills that foster health efficacy. The skills also are applicable as learning tools for the other six content strands. The standards in the Health Literacy Skills strand are consistent throughout all grade levels and matched at each grade level with content standards in the other strands as important similarities are identified. The standards in the remaining content strands, Personal and Community Health (HE1); Safety and Injury Prevention (HE2); Nutrition and Physical Activity (HE3); Mental Health (HE4); Alcohol, Tobacco, and Other Drugs (HE5); Family Life and Human Sexuality HE6) progressively change through the grade levels.

Strand:

HESK Health Literacy Skills

Essential Understanding: **4HESK** Demonstrating health literacy skills lead to personal family and community health.

The student will:

Standards:

4HESK1: access valid health information;
4HESK2: analyze influences on health;
4HESK3: practice health-enhancing behavior;
4HESK4: use interpersonal communications skills to enhance health;
4HESK5: use goal setting and decision making skills to enhance health; and
4HESK6: advocate for health.

Strand:

HE1 Personal and Community Health

Essential Understanding: **4HE1** Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

4HE1a: summarize the habits and practices of a healthful lifestyle, examples are:

- proper hand washing,
- physical activity,
- good nutrition,
- adequate rest and sleep, and
- fluids/water;

4HE1b: identify the difference between communicable and noncommunicable diseases.

Strand:

HE2 Safety and Injury Prevention

Essential Understanding: **4HE2** Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

Standards:

4HE2a: identify school and community sources for first aid and safety training;

- 4HE2b:** analyze options for being safe on the move, examples are:
- walking,
 - pedestrian behaviors,
 - roller blade, and
 - bicycle safety;
- 4HE2c:** distinguish the effects of violent and nonviolent behaviors towards others;
- 4HE2d:** define a gang and how it is different from a club, sports team, or clique
- 4HE2e:** describe the dangers of gang activity.
- 4HE2f:** identify ways one could help in specific emergency situations in the home, at school, or in the community, examples are:
- unconsciousness,
 - bleeding, and
 - choking.

Strand:

HE3 Nutrition and Physical Activity

Essential Understanding: **4HE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- 4HE3a:** distinguish the nutritional concepts of variety, balance, moderation, and serving quantity;
 - 4HE3b:** create a balanced personal one-day menu;
 - 4HE3c:** explain the relationship between nutrients and calories in healthful eating;
 - 4HE3d:** explain how food can contain germs that cause illness; and
 - 4HE3e:** list the benefits of daily physical activity.

Strand:

HE4 Mental Health

Essential Understanding: **4HE4** Mental health is essential to general well-being

The student will:

- Standards:
- 4HE4a:** identify appropriate coping behaviors to deal with the demands of daily living;
 - 4HE4b:** identify factors that contribute to the development of positive self-image;
 - 4HE4c:** demonstrate skills and strategies used in conflict situations; and
 - 4HE4d:** describe different types of bullying and harassment.

Strand:

HE5 Alcohol, Tobacco, and Other Drugs

Essential Understanding: **4HE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

- Standards:
- 4HE5a:** explain the consequences and harmful effects of using tobacco and alcohol products;
 - 4HE5b:** identify products that are harmful if inhaled;
 - 4HE5c:** define chemical dependency; and
 - 4HE5d:** explain why individual reactions to alcohol and drug use may vary.

Strand:

HE6 Family Life and Human Sexuality

- Essential Understanding: **4HE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

- Standards:
- 4HE6a:** distinguish the physical and emotional changes that occur in puberty;
 - 4HE6b:** explain how family coping skills positively influence family relationships, examples are:
 - perceiving situations as opportunities, and
 - taking action/exerting control where possible; and
 - 4HE6c:** summarize personal benefits of having friends.