

---

---

## Health Education: Grade 3

---

---

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:   **3HESK**    Demonstrating health literacy skills lead to personal family and community health.

The student will:

Standards:

- 3HESK1:** access valid health information;
- 3HESK2:** practice health-enhancing behavior;
- 3HESK3:** analyze influences on health;
- 3HESK4:** use interpersonal communications skills to enhance health;
- 3HESK5:** use goal setting and decision making skills to enhance health; and
- 3HESK6:** advocate for health.

Strand:

### **HE1 Personal and Community Health**

Essential Understanding:   **3HE1**    Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

- 3HE1a:** identify organizations and agencies in the community that can help with health information;
- 3HE1b:** describe the cycle of common communicable disease, example is:
  - mode of transmission,
  - signs and symptoms,
  - treatment, and
  - recovery.
- 3HE1c:** demonstrate behaviors that minimize contact with germs that cause communicable disease.

Strand:

### **HE2 Safety and Injury Prevention**

Essential Understanding:   **3HE2**    Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

- Standards:
- 3HE2a:** identify valid sources of information about local safety hazards, examples are:
    - dangerous places,
    - animals,
    - insects, and
    - sea life;
  - 3HE2b:** compare and contrast safety practices in different situations or settings, examples are:
    - in school,
    - at home,
    - on the playground,
    - in the gym,
    - in a car,
    - on a bus and
    - entering or being around water;
  - 3HE2c:** describe the danger of contact with blood or other body fluids and the importance of using a barrier for protection, examples are:
    - latex gloves, and
    - bandages

Strand:

### **HE3 Nutrition and Physical Activity**

Essential Understanding: **3HE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- 3HE3a:** explain the contents of food labels on products;
  - 3HE3b:** explain the Food Guide Pyramid as a source of information about food groups that make up a healthful diet;
  - 3HE3c:** examine the nutritional value of snacks and water; and
  - 3HE3d:** discuss everyday physical activities that help one stay fit and feel good.

Strand:

### **HE4 Mental Health**

Essential Understanding: **3HE4** Mental health is essential to general well-being

The student will:

- Standards:
- 3HE4a:** demonstrate ways to manage needs, wants, and emotions;
  - 3HE4b:** recognize the emotions and feelings of positive and negative stress;
  - 3HE4c:** demonstrate ways to show respect for self and the uniqueness of others.

Strand:

### **HE5 Alcohol, Tobacco, and Other Drugs**

Essential Understanding: **3HE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

- Standards:
- 3HE5a:** explain why it is important to follow instructions for use of prescription and non prescription medicines;
  - 3HE5b:** identify risks of incorrect use of medicines;
  - 3HE5c:** identify reasons to avoid using tobacco products; and
  - 3HE5d** model ways to refuse alcohol and tobacco.

Strand:

**HE6 Family Life and Human Sexuality**

- Essential Understanding: **3HE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

- Standards:
- 3HE6a:** provide examples of healthy social behaviors in families and society, examples are:
    - helping others,
    - being respectful of others,
    - cooperation, and
    - consideration;
  - 3HE6b:** recognize that individuals differ in their rates of growth and development; and
  - 3HE6c:** describe the physical, social and emotional changes that occur from infancy to pre-adolescence.