

---

---

## Health Education: Grade 5

---

---

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: **5HESK** Demonstrating health literacy skills lead to personal family and community health.

The student will:

Standards:

**5HESK1:** access valid health information;  
**5HESK2:** practice health-enhancing behavior;  
**5HESK3:** analyze influences on health;  
**5HESK4:** use interpersonal communications skills to enhance health;  
**5HESK5:** use goal setting and decision making skills to enhance health; and  
**5HESK6:** advocate for health.

Strand:

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

Essential Understanding: **5HE1** Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

**5HE1a:** explain the proper use of personal care and grooming products for adolescents;  
**5HE1b:** compare and contrast practices for preventing disease and infection, examples are:  
• naturally  
• with medicines  
• immunizations ; and  
**5HE1c:** analyze the impact of communicable diseases on the community and the environment.

Strand:

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

Essential Understanding: **5HE2** Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

Standards:

**5HE2a:** identify safety rules at home, in school, and in the community;

- 5HE2b:** summarize personal safety as it relates to recognizing and reporting child abuse or neglect;
- 5HE2c:** demonstrate first aid skills, examples are:
- cuts,
  - scrapes,
  - muscle cramps, and
  - bruises;
- 5HE2d:** explain ways to avoid and reduce threatening situations; and
- 5HE2e:** model conflict resolution techniques to prevent violence.

Strand:

**HE3 Nutrition and Physical Activity**

Essential Understanding: **5HE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- 5HE3a:** explain the impact of amounts of fat, sodium, cholesterol, and sugar in food on overall health;
- 5HE3b:** analyze information on comparable food labels;
- 5HE3c:** compare recommended amounts of fat, sodium, cholesterol, and sugar with amounts found in processed foods;
- 5HE3d:** describe how cultural, peer, and social influences affect food choices;
- 5HE3e:** describe safe and healthful food handling and preparation practices;
- 5HE3f:** develop strategies for making good food and physical activity choices; and
- 5HE3g:** recognize physical, intellectual, emotional and social benefits of regular physical activity.

Strand

**HE4 Mental Health**

Essential Understanding: **5HE4** Mental health is essential to general well-being

The student will:

- Standards:
- 5HE4a:** analyze factors contributing to the development of positive self-image and healthful friendships;
- 5HE4b:** describe school and community activities and resources that promote healthful choices and a sense of connectedness to others;
- 5HE4c:** identify strategies for reducing stress;
- 5HE4d:** examine the effects of bullying and harassment on others; and
- 5HE4e:** identify effective verbal and nonverbal communication skills.

Strand:

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

Essential Understanding: **5HE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

- Standards:
- 5HE5a:** describe short- and long-term effects of abuse of tobacco and other drugs;
  - 5HE5b:** investigate school rules and legal factors concerning use of licit and illicit drugs by youth;
  - 5HE5c:** explain reasons for drug use and ways of getting help;
  - 5HE5d:** identify peer pressure as an influence on tobacco, alcohol, and other drug use; and
  - 5HE5e:** distinguish ways to say no to varied degrees of pressure to use drugs, alcohol, or tobacco products.

Strand:

**HE6 Family Life and Human Sexuality**

Essential Understanding: **5HE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

- Standards:
- 5HE6a:** analyze the physical and emotional changes related to puberty;
  - 5HE6b:** describe ways to maintain open communications with family members; and
  - 5HE6c:** determine ways to communicate care and consideration in family and peer relationships.