

---

---

## Health Education: Grade 5

---

---

In addition to the content standards, Health Education teachers must instill health literacy skills (HESK) into classroom activities. The six HESK have a two-fold benefit. First, they promote personal, family, and community health. Second, they teach essential and transferable skills that include accessing data, analyzing information, setting goals, and communicating ideas.

Strand:

### **HESK Health Literacy Skills**

The student applies health literacy skills in concert with health concepts to enhance personal, family and community health; that is, the student will:

Standards:

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

Strand:

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

The student understands the basic concepts of hygiene, health habits, and health promotion; that is, the student will:

Standards:

- HE1a:** explain the proper use of personal care and grooming products for adolescents;
- HE1b:** compare and contrast practices for preventing disease and infection; and
- HE1c:** analyze the impact of communicable diseases on the community and the environment.

Strand:

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

The student demonstrates understanding of basic concepts related to safety, injury prevention or sudden illness, and prevention of child abuse and child neglect; that is, the student will:

Standards:

- HE2a:** identify safety rules at home, in school, and in the community;
- HE2b:** summarize personal safety as it relates to recognizing and reporting child abuse or neglect;
- HE2c:** demonstrate first aid skills (i.e., cuts, scrapes, muscle cramps, bruises); and
- HE2d:** explain ways to avoid and reduce threatening situations.

Strand:

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

The student understands how healthful nutrition and physical activity contribute to growth and energy and help prevent chronic diseases such as heart disease, cancer, and diabetes; that is, the student will:

Standards:

- HE3a:** explain the impact of amounts of fat, sodium, cholesterol, and sugar in food on overall health;
- HE3b:** analyze information on comparable food labels;
- HE3c:** compare recommended amounts of fat, sodium, cholesterol, and sugar with amounts found in processed foods;

**HE3d:** describe how cultural, peer, and social influences affect food choices; and

**HE3e:** develop strategies for making good food and physical activity choices.

Strand

**HE4 Mental Health**

The student understands how mental health contributes to general well-being; that is, the student will:

Standards:

**HE4a:** analyze factors contributing to the development of positive self-image and healthful relationships;

**HE4b:** describe school and community activities and resources that promote healthful choices and a sense of connectedness to others;

**HE4c:** identify strategies for reducing stress;

**HE4d:** identify abusive characteristics of bullying behavior; and

**HE4e:** identify effective verbal and nonverbal communication skills.

Strand

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

The student understands licit and illicit drugs and how to prevent abuse and access intervention and treatment resources; that is, the student will:

Standards:

**HE5a:** describe short- and long-term effects of abuse of tobacco and drugs;

**HE5b:** explain reasons for drug use and healthful alternatives;

**HE5c:** identify peer pressure as an influence on tobacco, alcohol, and other drug use; and

**HE5d:** state ways to say no to pressure to use drugs, alcohol, or tobacco products.

Strand

**HE6 Family Life and Human Sexuality**

The student understands the developmental changes that occur as he or she grows and matures through childhood to young adulthood and how these changes prepare one for adult roles in the family and society; that is, the student will:

Standards:

**HE6a:** analyze the physical and emotional changes related to puberty;

**HE6b:** describe ways to maintain open communications with family members; and

**HE6c:** describe ways to communicate care and consideration in relationships.