

Health Education: Grade 3

Health Literacy Skills

- Accesses valid health information
- Practices health-enhancing behaviors
- Analyzes influences on health
- Uses interpersonal communications skills to enhance health
- Uses goal-setting and decision-making skills to enhance health
- Advocates for health

Personal and Community Health

- Describes cycle of common communicable disease
- Demonstrates behaviors that minimize contact with germs that cause communicable disease

Safety and Injury Prevention

- Identifies valid sources of information about local safety hazards
- Describes the danger of contact with blood or other body fluids and the importance of using a barrier for protection

Nutrition and Physical Activity

- Explains the Food Guide Pyramid as a source of information about food groups and healthful diet choices
- Discusses everyday physical activities that help one stay fit and feel good

Mental Health

- Demonstrates ways to manage needs, wants, and feelings
- Recognizes the emotions and feelings of positive and negative stress

Alcohol, Tobacco, and Other Drugs

- Explains why it is important to follow instructions for use of prescription and non prescription drugs
- Identifies reasons to avoid using tobacco products

Family Life and Human Sexuality

- Provides examples of healthy social behaviors in families and society
- Recognizes that individuals differ in their rates of growth and development