

Health Education: Grade 4

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

- Summarizes the habits and practices of a healthful lifestyle
- Identifies the difference between communicable and noncommunicable diseases

Safety and Injury Prevention

- Identifies school and community sources for first aid and safety training
- Identifies ways one could help in specific emergency situations in the home, school and community

Nutrition and Physical Activity

- Creates a balanced personal one-day menu
- Explain how food can contain germs that cause illness
- Lists the benefits of daily physical activity

Mental Health

- Identifies appropriate coping behaviors to deal with the demands of daily living
- Identifies factors that contribute to the development of positive self-image
- Demonstrates skills and strategies used in conflict situations

Alcohol, Tobacco, and Other Drugs

- Explains the consequences and harmful effects of using tobacco and alcohol products
- Identifies products that are harmful if inhaled
- Defines chemical dependency

Family Life and Human Sexuality

- Distinguish the physical and emotional changes that occur in puberty
- Summarize personal benefits of having friends