

Health Education Grade 4

The following health education standards are incorporated into each of the instructional units where appropriate:

- Accessing Information
- Self Management
- Analyzing Influences
- Interpersonal Communication
- Decision Making
- Goal Setting
- Advocacy.

UNIT I: Nutrition and Fitness

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote a healthy lifestyle.

Objectives- The student will be able to:

- a. Identify essential nutrients and explain how they contribute to a healthy body.
- b. Define “calorie” and explain the relationship among caloric intake, exercise, and weight.
- c. Recognize that food labels contain information about a food’s ingredients and nutrients and can support healthy decisions in the selection of foods.
- d. Explain how physical activity, adequate rest, and a healthy diet will help the body function efficiently.
- e. Apply information from MyPyramid to choose healthy snacks.

UNIT II: Safety, First Aid, and Injury Prevention

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote safe living in the home, school, and community.

Objectives- The student will be able to:

- a. Develop a plan to respond appropriately to potentially dangerous situations.
- b. Differentiate between minor injuries and medical emergencies and identify appropriate medical resources for treatment.
- c. Explore and differentiate among conflict resolution strategies for issues such as name-calling, bullying, and harassment.
- d. Identify and define the four types of child abuse.
- e. Identify prevention and intervention strategies against molestation.
- f. Use appropriate verbal and nonverbal responses to prevent child abuse.

UNIT III: Disease Prevention and Control

Goal. The student will demonstrate the ability to understand health promotion and disease prevention concepts to establish a foundation for leading a healthy, productive life.

Objectives- The student will be able to:

- a. Describe the basic structure and function of human body systems.
- b. Differentiate between communicable and noncommunicable diseases to include HIV/AIDS.
- c. Categorize communicable diseases by causative agents and modes of transmission.
- d. Identify risk factors associated with disease control to include proper handling of blood.
- e. Identify body defenses and the immune system, which help prevent disease.
- f. Explain how healthy lifestyles and immunization help to prevent and control disease.
- g. Discuss the physical, social, and emotional effects of disease.
- h. Show compassion for individuals with diseases.
- i. Recognize that disease affects the lifestyles of both the individual and the family.