

## Course/Grade Level: Fourth Grade Health Curriculum

**Focus:** Students will name and compare health related information in order to make healthy choices in their personal life regarding nutrition, personal health, and environmental health.

### **H.4.1 Students will understand the nutritional value of various foods and their contribution to health.**

Students will...

- H.4.1.1 compare nutrients from foods by comparing food labels. (ES.1.1) *Covered per science S.4.6*
- H.4.1.2 identify food groups, serving sizes, and healthiest diet. (ES.1.1) *Covered per science S.4.6*
- H.4.1.3 create a personal goal for health and graph progress. (ES.1.1, ES.6.1) *Covered per science S.4.6*

### **H.4.2 Students will demonstrate personal health knowledge by using strategies to keep physically safe, physically health, and emotionally healthy.**

Students will...

- H.4.2.1 discuss home, school, and community safety. (ES.1.1) *Covered per science S.4.6*
- H.4.2.2 discuss responsibilities of personal hygiene. *Covered per science S.4.6*
- H.4.2.3 describe puberty and other body changes (in single sex classes). (MS.1.2)
- H.4.2.4 identify age appropriate conflict resolution skills: using I-messages, telling an adult, and peer pressure resistance skills. (ES.5.3) *Covered per guidance G.4.1 and G.4.2*
- H.4.2.5 identify personal attributes, strengths, and skills. *Covered per guidance G.4.1*
- H.4.2.6 list two compliments about themselves. *Covered per guidance G.4.1*
- H.4.2.7 demonstrate positive self-talk even when you are disrespected. *Covered per guidance G.4.1*