

Course/Grade Level: Third Grade Health Curriculum

Focus: Students will demonstrate healthy behaviors by comparing and contrasting nutritional food choices and utilizing healthy decision-making for mental, physical, and environmental health.

H.3.1 Students will demonstrate basic concepts related to health promotion and disease prevention by identifying and describing relationships between healthy and non-healthy behaviors.

Students will...

- H.3.1.1 identify nutritional values in reference to the food pyramid. (ES.1.1) *Covered per science S.3.6*
- H.3.1.2 explain prevention and control of germs. (ES.1.1)
- H.3.1.3 demonstrate safe behaviors at home, school, and community (playground, bicycle, crosswalks). (ES.1.1) *Covered per science S.3.6*
- H.3.1.4 describe and demonstrate personal hygiene and dental health. (ES.6.1d)
- H.3.1.5 identify various environmental pollutants (littering). (ES.1.1) *Covered per science S.3.6*
- H.3.1.6 locate school and community health resources to promote personal health (teacher, nurse, guidance counselor, city police/fireman, pharmacy, family health care doctors and nurses, dentist). (ES.1.1, ES.2)
- H.3.1.7 apply decision-making using conflict resolution, coping skills, refusal skills and I-messages (ES.6.1f) *Covered per guidance G.3.1*

H.3.2 Students will use goal-setting and decision-making skills to enhance their personal health.

Students will...

- H.3.2.1 list and explain the importance of using safety equipment in their daily life (smoke alarm, seat belt, bike helmet, knee pads). (ES.6.1c) *Covered per science S.3.6*
- H.3.2.2 compare and contrast the benefits of physical vs. non-physical activities (video games, television, etc.).
- H.3.2.3 identify the importance of drinking plenty of water. (ES.5.1)
- H.3.2.4 demonstrate effective hand washing. *Covered per science S.3.6*