



Health
Third Grade

1.0 Students will comprehend concepts related to health promotion and disease prevention.

- 1.1 List the Dietary Guidelines.
- 1.2 Explain how the immune system fights disease.
- 1.3 Describe ways to prevent non-communicable diseases.
- 1.4 Describe how illegal drug use can transmit AIDS and other diseases.
- 1.5 Recognize that casual daily encounters with a person with AIDS/HIV will not put you at risk of contracting the disease.

2.0 Students will demonstrate the ability to access valid health information and health-promoting products and services.

- 2.1 Describe what facts are found on food labels.
- 2.2 Explain why you need to keep your teeth healthy.
- 2.3 List safety rules to follow when using medicines.
- 2.4 List two electrical safety rules.
 - Don't play near electrical wires.
 - Hazards of water and electricity.
 - Never stick anything other than a plug in an electrical outlet.

3.0 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- 3.1 Identify the six parts of a good character.
- 3.2 Describe how to adjust to family changes in healthful ways.
- 3.3 Identify the six nutrients your body needs.
- 3.4 Explain how to use the Food Guide Pyramid to make healthful food choices.
- 3.5 Explain what computer safety means.
- 3.6 Identify different types of abuse.
- 3.7 Identify a bully and bullying behaviors.
- 3.8 Identify lures or traps used by adults to abduct or abuse children.
- 3.9 Describe how to keep your eyes healthy.
- 3.10 Describe how to keep your ears healthy.

4.0 Students will analyze the influence of culture, media, technology and other factors on health.

- 4.1 Identify influences on your food choices.
- 4.2 Describe different kinds of healthful community activities.

5.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health.

- 5.1 List ways to show respect for other people.
- 5.2 Describe how peer pressure works.

6.0 Students will demonstrate the ability to use goal setting and decision making skills to enhance health.

- 6.1 Identify different ways in which people learn.
- 6.2 List ways to say “no” to drinking alcohol.
- 6.3 List ways to say “no” to tobacco use.
- 6.4 Discuss ways to reduce the risk of cancer.
- 6.5 Discuss ways to reduce the risk of diabetes.

7.0 Students will demonstrate the ability to advocate for personal, family and community health.

- 7.1 Explain how to help an injured person.
- 7.2 List items that should be part of a first aid kit.
- 7.3 Tell where health helpers work.
- 7.4 Tell what you can do to stop pollution.
- 7.5 Explain how bus safety and seat belts keep you safe around busses and cars.
- 7.6 List safety rules when walking, biking, skating and riding a scooter.