



Health
Fifth Grade

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

- 1.1 Describe how pathogens spread and cause disease.
- 1.2 Identify ways to help strengthen your body's immune system.
- 1.3 Distinguish between communicable and non-communicable diseases.
- 1.4 Understands the fundamental concepts of growth and development.
- 1.5 Explain what asthma and allergies are and how to manage them
- 1.6 Explain how personal hygiene can affect personal health, friendship, positive attitude, and self-image.

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

- 2.1 Describe what information is contained on a food label.
- 2.2 Explain the difference between prescription and nonprescription drugs.
- 2.3 Describe the misuse of medicines, alcohol, and drugs.

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

- 3.1 Identify important nutrients and the foods that provide them.
- 3.2 Explain how to use the Food Pyramid to plan a balanced diet.
- 3.3 List ways to eliminate common safety hazards at home.
- 3.4 Describe ways to express anger and resolve conflict without violence.
- 3.5 Identify ways to avoid guns and knives.
- 3.6 Explain the link between tobacco use and disease.
- 3.7 Identify some illegal drugs.
- 3.8 List the short and long term effects of alcohol use.
- 3.9 Explain the role of laws, rules and regulations in the prevention of substance abuse.
- 3.10 Describe the safety rules to follow when you ride bicycles, scooters, or skateboards.

- 3.11 Identify different types of abuse and describe strategies to stay safe.
- 3.12 Explain potentially harassing behaviors and steps to take if harassed.
- 3.13 Identify lures or traps used by adults to abduct or abuse children.

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

- 4.1 Analyze the influence of the media on health.

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

- 5.1 Identify traits that one likes about himself/herself.
- 5.2 Develop effective ways to deal with stress and negative feelings.
- 5.3 Identify decision-making steps and describe the relationship between decisions and consequences.

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

- 6.1 Explain how heredity affects development.
- 6.2 Describe ways to resist pressure to use drugs.
- 6.3 Explain how to reduce the risk of heart disease.
- 6.4 List the steps you can take to make responsible decisions.
- 6.5 Explain ways to reduce the risk of cancer.

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

- 7.1 List ways to be an advocate for health.
- 7.2 Explain how to prepare for an emergency situation.
- 7.3 Describe how communities meet their health needs.
- 7.4 Explain what it means to reduce, reuse and recycle.
- 7.5 List ways to conserve water.
- 7.6 List ways to conserve energy.
- 7.7 Describe what makes a healthy environment.
- 7.8 Describe how to administer first aid for minor injuries.