Fifth Grade

Comprehensive Health Strands:

Community/Environmental Health (C)	Nutrition (N)
Personal Health (PH)	Consumer Health (CH)
Human Growth and Development (H)	Mental Health (M)
Disease Prevention and Control (D)	Safety and First Aid (S)
Drug Abuse Prevention (DA)	Family Life (F)

Competencies and Suggested Objectives:

1. **Comprehend concepts related to health promotion and disease prevention. (H, D, N)**

   a. Describe how participation in physical activity affects the body.
   a. Discuss how the body's defenses against disease work.
   c. Identify ways the body's defense system can be improved.
   d. Distinguish between healthy and unhealthy snacks.

2. **Demonstrate the ability to obtain valid health information and health-promoting products and services. (C, CH, PH)**

   a. Locate and evaluate the functions of community agencies and health care professionals.
   b. Identify the impact of health services (i.e., ambulance service, rescue squad) in the community.
   c. Identify and discuss the use and impact of health products (i.e., sunscreen, toothpaste).

3. **Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (PH, CH, H, N, M)**

   a. Evaluate the reliability of various health information sources.
   b. Examine health and fitness assessments and their role in developing a personal wellness program.
   c. Identify personal health needs and develop long-term goals for a healthy lifestyle.

4. **Analyze the influence of culture, media, technology, and other factors on health. (F, CH, C, P, H)**

   a. Explore various eating habits (i.e., fast food, cooking ingredients) and how they relate to family backgrounds and lifestyles.
   b. Describe the way technology (i.e., video games, computers, and medical equipment) affects health.
   c. Analyze ways in which the media influences buying decisions regarding health products, medicine, and food.

5. **Demonstrate the ability to use interpersonal communication skills to enhance health. (S, D, H, F, PH)**

   a. Demonstrate verbal and non-verbal skills to communicate care, self-control, and respect for all.
   b. Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family and others in socially acceptable ways.
   c. Demonstrate an awareness of safety through modeling.

6. **Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health. (H, PH, D, S)**

   a. Identify health goals and their importance to well being.
   b. Explore the characteristics of habits and how habits affect personal health.
   c. Evaluate strategies and skills for attaining personal health goals.

7. **Students will demonstrate the ability to advocate for personal, family, and community health. (C, F, M, D)**

   a. Identify responsibilities within the family.
   b. Develop strategies to encourage and influence others in making healthy choices (i.e., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).