

Fourth 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. (PH, C, D, N)**
 - Identify a relationship between health behaviors and individual well-being.
 - Distinguish between communicable and non-communicable diseases.
 - Identify and practice strategies to reduce the spreading of germs.
 - Identify and discuss serving sizes as recommended by the Food and Drug Administration (FDA).
- 2. Demonstrate the ability to obtain valid health information and health-promoting products and services. (C, F, D, CH, N)**
 - Demonstrate the ability to locate resources from home, school and community that provide valid health information.
 - Distinguish between fact and opinion in health information.
- 3. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (D, S, M)**
 - Compare various factors influencing health.
 - Illustrate safety and injury prevention techniques.
 - Distinguish between drug use and misuse.
- 4. Analyze the influence of culture, media, technology, and other factors on health. (PH, CH, C)**
 - Identify advertising techniques used in marketing health related products.
 - Explore differences in cultural diets.
 - Analyze ways health care technology can enhance personal health.

- 5. Demonstrate the ability to use interpersonal communication skills to enhance health. (PH, M, HG, F)**
 - a. Apply a decision-making process to address personal health issues and problems.
 - b. Identify ways (e.g., compassion, encouragement) to be sensitive to the feelings of others to include disabled and chronically-ill persons.

- 6. Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (PH, F, M, D)**
 - a. Investigate the effects of exercise on well-being.
 - b. Explain the impact of drug abuse on the individual, family, and community.
 - c. Identify factors that influence decision-making.
 - d. Identify proper ways to achieve health goals.

- 7. Demonstrate the ability to advocate for personal, family, and community health. (F, H, C, N)**
 - a. Identify the characteristics of a good friend.
 - b. Demonstrate healthy choices outside the school environment.
 - c. Discuss ways that family time promotes healthy lifestyles.
 - d. Discuss ways that individuals can contribute to community well-being.