

Third Grade

Comprehensive Health Strands:

Community/Environmental Health (C)
Personal Health (PH)
Human Growth and Development (H)
Disease Prevention and Control (D)
Drug Abuse Prevention (DA)

Nutrition (N)
Consumer Health (CH)
Mental Health (M)
Safety and First Aid (S)
Family Life (F)

Competencies and Suggested Objectives:

- 1. Comprehend concepts related to health promotion and disease prevention. (D, PH, D, M, S, N)**
 - a. Identify types of childhood injuries and illnesses and ways for prevention and treatment.
 - b. Recognize and describe the relationship between personal health behaviors and individual well-being.
 - c. Identify proper use of resources in health promotion and disease prevention.
 - d. Define nutritional terms on food labels (i.e., fats, calories, etc.).
- 2. Demonstrate the ability to obtain valid health information and health-promoting products and services. (PH, C, S)**
 - a. Investigate how the availability of health services affects the community.
 - b. Identify and discuss hazardous products.
 - c. Identify characteristics of valid health information and health promoting products and services.
- 3. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (M, S, CH, PH, F)**
 - a. Demonstrate ways (i.e., conflict resolution) to avoid and reduce threatening situations.
 - b. List personal rights and responsibilities of individuals at home and school.
 - c. Explore alternative techniques in managing stress.
- 4. Analyze the influence of culture, media, technology, and other factors on health. (PH, H, F, CH)**
 - a. Describe how culture influences personal health behaviors.
 - b. Analyze how the media influences thoughts, feelings, and health behavior.
 - c. Identify ways that health care technology can impact personal health.

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- 5. Demonstrate the ability to use interpersonal communication skills to enhance health. (M, F, H, PH)**
 - a. Demonstrate ways to communicate needs, wants, and feelings through verbal and non-verbal communication.
 - b. Apply ways to properly communicate care, consideration and respect for self and others.

- 6. Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH, H, D)**
 - a. Communicate information (i.e., nutrition, physical activity, drug use, peer choices) that promotes positive health choices.
 - b. Demonstrate the ability to practice healthy choices.
 - c. Develop a personal health plan and track progress toward achievement.

- 7. Demonstrate the ability to advocate for personal, family, and community health. (CH, PH, H)**
 - a. Describe characteristics needed to be a responsible friend and family member.
 - b. Identify and understand the importance of contributing to the community.