Alabama Health Education

Grade 3

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

Health Promotion

Health Behaviors

1 Describe the relationship between healthy behaviors and personal health. 3.1.1

Nutrition &

2 Illustrate the link between the six main nutrients and being healthy. 3.1.2

Drug Awareness

3 Examine the harmful effects of tobacco, drugs, and alcohol on the body. 3.1.3

Hygiene

4 Describe strategies and skills important to personal hygiene. 3.1.4

Disease Prevention & Health Care

5 Identify symptoms which might need treatment from health care providers. Examples: fever, sore throat, toothache 3.1.5

Safety

6 Identify personal protection equipment needed for sports or recreational activities. 3.1.6

Dimensions of Health

7 Identify positive examples of environmental health. 3.1.7

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

Analyzing Influences

Family, Peer, & Culture

1 Describe how family influences personal health practices and behaviors. 3.2.1

a Identify ways that peers can influence healthy and unhealthy behaviors. 3.2.1A

Media & Technology

2 Compare a variety of media messages affecting consumer health decisions. 3.2.2

Students will demonstrate the ability to inf

Access to Information

Skip to main content

and services to enhance health.	Information, Products, & Services 1 List reliable health-related information, products, and services. Examples: parent, school nurse, counselor 3.3.1 2 Identify sources of accurate information about health products, information, and services. 3.3.2
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	**Interpersonal Communication** Social 1 Practice skills needed to develop and maintain personal relationships. Examples: conflict resolution, role play 3.4.1 Emotions & Feelings 2 Discuss healthy ways to express needs, wants, and feelings. Examples: using appropriate refusal skills, manners, communication 3.4.2 Conflict Resolution 3 Recognize causes of conflicts and apply nonviolent strategies to manage or resolve situations. 3.4.3 Refusal Skills 4 State effective refusal skills to enhance health. Examples: responding effectively in refusing alcohol, tobacco, or other drugs 3.4.4 5 Explain that each person has the right to tell others not touch his or her body. 3.4.5
Students will demonstrate the ability to use decision-making skills to enhance health.	**Decision -Making** Problem Solving 1 Discuss the consequences of possible choices when making a health decision. Examples: healthy snack vs. junk food, outdoor activity vs. video games, active vs. sedentary, implications of not following established rules 3.5.1
Students will demonstrate the ability to use goal-setting skills to enhance health.	**Goal -Setting** Self-Awareness 1 Set a personal, health-enhancing goal to pursue for several weeks. Examples: setting good morning and bedtime routines, eating more fruits and vegetables 3.6.1 Problem-Solving 2 Identify barriers to achieving personal health goals, determine how to achieve, and monitor progress. 3.6.2
Students will de to	**Self-Management**

Skip to main content

enhancing behaviors and avoid or reduce health risks.

Monitor Progress

1 Develop a plan for responsible personal health behavior. Examples: keeping an activity log, planning activities that reduce stress 3.7.1

Injury Prevention

2 Describe healthy practices that maintain or improve personal health. Examples: wearing appropriate footwear or clothing for outdoor activity 3.7.2

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

Advocacy

Promote Healthy Habits

1 Research public health and environmental laws that protect personal health. Examples: laws dealing with dumping, polluting, littering, secondhand smoke, recycling 3.8.1