Alabama Health Education

Grade 4

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

Health Promotion

Health Behaviors

1 Describe school practices that promote a safe and healthy environment. 4.1.1

Nutrition &

2 Compare unhealthy and healthy eating patterns, including eating in moderation. 4.1.2

Drug Awareness

3 Summarize shortterm and long-term effects of cigarettes and smokeless tobacco products. 4.1.3

Hygiene

4 Summarize methods that prevent the spread of germs which cause communicable diseases. 4.1.4

Disease Prevention & Health Care

5 Explain how to prevent or control common childhood illnesses and conditions. Examples: asthma, allergies, diabetes, epilepsy 4.1.5

Safety

6 Describe ways to prevent common childhood injuries. Examples: bicycle safety, wearing a seatbelt, ATV safety 4.1.6

Dimensions of Health

7 Compare and contrast the six dimensions of health. 4.1.7

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

Analyzing Influences

Family, Peer, & Culture

1 Explain the influence of culture on health practices and behaviors. 4.2.1

a Explain the importance of good communication within the family unit. 4.2.1A

Media & Technology

2 Explain how media influence thoughts, feelings, and health behaviors. 4.2.2

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Access to Information

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and services to enhance health.	Information, Products, & Services 1 Locate reliable health resources from home, school, and community. Examples: parent, school nurse, counselor 4.3.1 2 Compare healthrelated advertisements regarding “truth in advertising.” 4.3.2
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	**Interpersonal Communication** Social 1 Demonstrate skills that communicate care, consideration, and respect for self and others. Example: helping those with disabilities 4.4.1 Emotions & Feelings 2 Describe the various types of bullying and effects on the victim. Examples: types - through social media; effects - depression, suicide, eating disorders 4.4.2 Conflict Resolution 3 Demonstrate how to avoid conflict and explain when it is necessary for an adult to intervene. 4.4.3 Refusal Skills 4 Model refusal skills that avoid or reduce health risks. Examples: role playing how to walk away, call for help, say no 4.4.4 5 Describe how to avoid dangerous situations involving strangers and Internet safety. Example: refusing to go alone to meet online acquaintances 4.4.5
Students will demonstrate the ability to use decision-making skills to enhance health.	**Decision -Making** Problem Solving 1 Research healthrelated situations that require a thoughtful decision. Examples: food choices, drug use, alcohol consumption, smoking 4.5.1
Students will demonstrate the ability to use goal-setting skills to enhance health.	**Goal -Setting** Self-Awareness 1 Describe ways to put a plan into place to achieve a goal. 4.6.1 Problem-Solving 2 Identify resources to assist in achieving personal health goals. Examples: YMCA, Boys/Girls Clubs, recreation center, school clubs 4.6.2
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce he	**Self-Management** Monitor Progress 1 Demonstrate a variety of healthy practices and behaviors to maintain and improve personal health. Example: planning a daily menu based on the USDA food guidelines 4.7.1

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Injury Prevention

2 Apply safety rules for engaging in outdoor physical activities requiring the use of special equipment. Examples: using a baseball or bicycle helmet, catcher's mask, knee pads 4.7.2

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

Advocacy

Promote Healthy Habits

1 Describe health advocacy strategies. Examples: writing and recording public service announcements for school or community broadcasts, writing letter or email to editors of local media 4.8.1