

Grade 4

Adopted 2021

Fourth Grade (17.00500)

1. Comprehend concepts related to health promotion and disease prevention to enhance health. HE4.1

- a. Recognize the relationship between healthy behaviors and disease prevention. HE4.1.A
- b. Describe basic personal health concepts of healthy eating and physical activity. HE4.1.B
- c. Describe basic health concepts of mental and emotional well-being. HE4.1.C
- d. Describe basic health concepts of personal hygiene and safety. HE4.1.D
- e. Distinguish the short and long-term physical effects of use and/or misuse of substances. HE4.1.E
- f. Identify trusted adults and when it might be important to seek professional health care or emergency help for themselves or others. HE4.1.F
- g. Predict the short and long-term effects of healthy choices on the multiple dimensions of health. HE4.1.G
- h. Describe ways to promote a safe and healthy community environment. HE4.1.H
- i. Recognize times it might be important to seek professional health care or emergency help for self or others. HE4.1.I

2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. HE4.2

- a. Examine the influence of culture on health practices and behaviors. HE4.2.A
- b. Describe how the school and community can support personal health practices and behaviors. HE4.2.B
- c. Compare how technology and media can influence personal health. HE4.2.C

3. Demonstrate the ability to access valid information, products, and services to enhance health. HE4.3

- a. Identify the characteristics of valid health information, products, and services. HE4.3.A
- b. List resources from home, school, and community that provide valid health information. HE4.3.B

4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. HE4.4

- a. Describe the characteristics of valid health information, products, and services. [HE4.4.A](#)
 - b. Describe the services that school, family, and community provide concerning personal health. [HE4.4.B](#)
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5. Demonstrate the ability to use decision-making skills to enhance health. [HE4.5](#)

- a. Explain a situation that may require a thoughtful health-related decision. [HE4.5.A](#)
 - b. Describe the possible consequences of an unhealthy decision and healthy alternatives when making a health-related decision. [HE4.5.B](#)
 - c. Determine when or if help is needed to make a health-related decision. [HE4.5.C](#)
 - d. Determine a healthy choice when making a decision. [HE4.5.D](#)
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6. Demonstrate the ability to use goal-setting skills to enhance health. [HE4.6](#)

- a. Identify a personal health goal. [HE4.6.A](#)
 - b. Develop an action plan for a health goal. [HE4.6.B](#)
 - c. Discuss whether the goal was achieved. [HE4.6.C](#)
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7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. [HE4.7](#)

- a. Demonstrate a healthy behavior to improve personal health and wellness. [HE4.7.A](#)
 - b. Demonstrate behaviors to reduce health risks. [HE4.7.B](#)
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8. Demonstrate the ability to advocate for personal, family, and community health. [HE4.8](#)

- a. Provide valid health information about a health issue. [HE4.8.A](#)
- b. Advocate for positive health choices. [HE4.8.B](#)