Iowa 21st Century Skills

Health Literacy: Grades 3, 4, 5

Adopted 2010

Obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.

Know and use concepts related to health promotion and disease prevention.

- Describe the influence of risk and protective factors.
- Identify examples of physical, emotional, intellectual, environmental, social, sexual and spiritual wellness during childhood.
- Analyze how heredity, environment and personal health are related.
- Explain proper prevention/management of health crises.
- Identify where to find help with health care when needed.
- Describe the impact of personal health behaviors on the functioning of body systems.
- Identify how personal choices impact health and disease prevention.
- Describe preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.

Analyze influencing factors on health enhancing behaviors.

- Describe how diverse families, peers, cultural practices and attitudes influence health related decisions.
- Describe how media, technology, research and medical advances impact health.
- Recognize how national and international public health and safety issues affect personal and family health status.

Utilize interactive literacy and social skills to establish personal family, and community health goals.

Demonstrate social and communication skills that enhance health and increase safety.

- Demonstrate appropriate verbal and nonverbal communication skills to enhance health of self and others.
- Practice strategies to manage or resolve conflict.
- State methods of obtaining help for self and others.
- Demonstrate ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Identify personal, family and community health needs.
- Demonstrate how to influence and support others to make positive health choices.

Skip to main content

	• Describe ways to improve family and community health. • Articulate effective communication related to health care practices. • Use assertive communications skills to consistently advocate for a healthy, violence-free environment.
Demonstrate critical literacy/thinking skills related to personal, family, and community wellness.	**Demonstrate decision making skills.** • Explain different approaches to making decisions. • Describe the effectiveness of health-related decisions. • Demonstrate the ability to seek assistance when making health related decisions. • Recognize that health related decisions have an impact on individual, family, community, and environment.
	Demonstrate goal-setting skills. • Develop goals to enhance health status.
Recognize that media and other influences affect personal, family and community health.	**Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.** • Demonstrate appropriate responses to negative and positive health influences. • Recognize public health policies that aid in the prevention and maintenance of school and community health. • Describe the influence of cultural diversities on health behaviors. • Explain how information from school and family influences health. • Identify characteristics of valid health information sources. • Recognize the techniques used by print and non-print media sources.
	Access valid information, products and services. • Identify factors that influence the selection of health products and services.
Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.	**Achieve and maintain health enhancing level of physical activity.** • Identify personal physical strengths and weaknesses. • Engage in physical activities to improve fitness components.
	Practice preventive health behaviors. • Demonstrate appropriate and effective stress management. • Assess risk factors that contribute to healthy choices. • Choose healthy foods. • Demonstrate behaviors that contribute to holistic wellness for individuals, families and communities.