Kansas Health Education

Grades 3-5

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

Community Health

1 Community helpers and their roles within communities 5.1

2 Local community needs/issues/events 5.

3 Structure of communities 5.

4 Individual roles in maintaining a healthy community 5.4

Consumer Health

1 Validity of information on health care products and services 5.

2 Hazards and benefits of medicines and health-care products 5.2

3 Interpersonal and intrapersonal influences on health choices 5.3

4 Validity of product claims 5.4

Environmental Health

1 Healthy and clean communities 5.1

2 Reduce, reuse, recycle, and alternatives 5.

3 Types and effects of pollution 5.3

4 Environmental hazards and their health risks (air, soil, sun, water, noise, food, chemicals, etc.) 5.4

Human Sexuality and Relationships

1 Building healthy relationships 5.1

2 Changes associated with puberty 5.2

3 Respect yourself and others 5.3

4 Adapting to changes within families 5.4

5 Stages of development 5.5

Injury Prevention and Safety

1 Behaviors to prevent physical injury (ex. - fire safety, exercising, bicycle safety, car safety, etc.) 5.

2 Regularly and properly use safety equipment 5.

Proper responses to emergency situations 5.

Refusal skills and decision making, to reduce accidents and injuries 5.4

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5 Basic first aid (including when to call 911, etc.) 5.5

6 Resources for injury prevention 5.6

7 Safety when using the internet and other technology 5.7

8 Non-violent strategies to manage or resolve conflicts 5.8

Mental and Emotional Health

1 Appropriate methods of expressing feelings 5.1

2 Expressing wants and needs in a productive and healthy manner 5.

3 Care, consideration, and respect to self and others 5.3

4 Stress management and coping skills 5.

5 Interpersonal and intrapersonal motivation for self-efficacy 5.5

6 Relationship between body image and self-esteem 5.6

7 Techniques to prevent bullying 5.7

Nutrition

1 Digestive system (basic function and organs) 5.1

2 Calories 5.

3 Food groups 5.

4 Healthy nutrition guidelines 5.4

5 Nutritional needs through stages of development 5.5

6 Food labels 5.6

7 Energy and nutrients 5.7

8 Food health policies 5.8

9 Eating disorders/dysfunctions 5.9

10 Links between nutrition and illness 5.10

11 Energy drinks 5.11

12 Informed food selection 5.12

13 Impact of food choices 5.13

Personal Health

1 Function and anatomy of the body systems 5.1

2 Responsible care of the body (ex. - nutrition, hygiene, exercise, etc.) 5.

3 Benefits of exercise 5.

4 Importance and strategies to seek personal health care 5.

5 Relationship between emotional, mental, social, and physical health 5.5

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6 Value and impact of sleep on the body 5.6

Prevention & Control of Disease

1. Health plan for germ protection for disease prevention 5.1
2. Common allergies and illnesses, symptoms and management 5.
3. Communicable and non-communicable illnesses 5.
4. Roles of the body and medicines in protecting against germs 5.
5. Relationship between lifestyle choices and disease prevention 5.5
6. Bacterial, viral, and fungal infections 5.6
7. Structure and functions of the immune system 5.7

Substance Use and Abuse & Addiction

1. Types of tobacco products and the risks of using these products 5.1
2. Dangers of misuse and abuse of drugs 5.2
3. Proper use of over the counter and prescription medicines 5.3
4. Short-term and long-term effects of drugs 5.4
5. Rules and laws for medicines and drugs 5.5
6. Physical and psychological addictions 5.6
7. Values and social behaviors in preventing drug use 5.7
8. Resources and trusted experts on drugs and medicines 5.8
9. Personal strategies (assertiveness, resistance, refusal skills, and goal setting) for drug free living 5.9