

# Grade 3

Adopted 2007

## Nutrition and Physical Activity

### 1: Core Concepts

- 1.1 Explain the benefits of healthy eating and being physically active.
  - 1.2 Describe the importance of choosing a variety of ways to be physically active.
- 

### 4: Influences

- 1.3 Explain strategies used to advertise food and beverage products.
  - 1.4 Analyze how food advertising impacts eating behaviors related to eating when not hungry.
- 

### 5: Goal Setting

- 1.5 Describe the elements of a physical activity plan.
  - 1.6 Develop a personal plan to be physically active.
- 

## Alcohol, Tobacco, and Other Drugs

### 1: Core Concepts

- 2.1 Describe the short- and long-term effects of alcohol use, including addiction.
  - 2.2 Describe the short- and long-term effects of using tobacco, including addiction.
- 

### 3: Health Behaviors

- 2.3 Describe actions that need to be followed to avoid accidental poisoning by household cleaning and paint products.
  - 2.4 Describe actions to take in a poison emergency.
  - 2.5 Explain rules for safe use of medicines and household products, including those that can be inhaled.
- 

### 4: Influences

- 2.6 Explain how family and peers can influence choices about using alcohol and other drugs.
  - 2.7 Analyze various strategies used in the media that encourage or discourage tobacco use.
- 

### 7: Social Skills

- 2.8 Demonstrate verbal and non-verbal ways to refuse alcohol.
  - 2.9 Demonstrate verbal and non-verbal ways to refuse tobacco use.
-

## Safety

### 1: Core Concepts

- 3.1 Explain why the back seat is the safest place for young people to ride in a vehicle equipped with air bags.
  - 3.2 Explain how booster seats and safety belts help passengers to stay safe.
  - 3.3 Describe characteristics of safe and unsafe places.
- 

### 2: Access Information

- 3.4 Describe how to access help when feeling threatened.
- 

### 3: Health Behaviors

- 3.5 Describe safe and unsafe behaviors of occupants in vehicles.
  - 3.6 Demonstrate the proper wearing of a safety belt.
  - 3.7 Describe dangerous, destructive, and disturbing situations that need to be reported to an adult.
  - 3.8 Analyze environments to determine whether they are safe places.
- 

### 4: Influences

- 3.9 Analyze how one can influence safety belt and booster seat use of others.
- 

## Social and Emotional Health

### 1: Core Concepts

- 4.1 Explain the benefits of positive friendships.
  - 4.2 Describe the characteristics of positive role models.
  - 4.3 Recognize that each person has unique talents and skills.
- 

### 3: Health Behaviors

- 4.4 Describe ways people help each other.
  - 4.5 Describe a unique talent or skill of oneself and one other person.
  - 4.6 Explain ways to show acceptance of differences.
- 

### 4: Influences

- 4.7 Analyze how friends influence others' behavior and well-being.
- 

### 7: Social Skills

- 4.8 Demonstrate ways to express appreciation.
  - 4.9 Demonstrate strategies for keeping positive friends.
  - 4.10 Demonstrate how to confront annoying behavior.
- 

### 8: Advocacy

- 4.11 Demonstrate the ability to support and respect people with differences.
-

## **Personal Health and Wellness**

### **1: Core Concepts**

5.1 Explain the physical, emotional, and social importance of keeping the body clean.

---

### **3: Health Behaviors**

5.2 Describe strategies to keep the body clean.

---

### **5: Goal Setting**

5.3 Develop a plan to keep the body clean.