

# Grade 3

Adopted 2012

**Comprehend concepts related to health promotion and disease prevention to enhance health.**

**Identify types of childhood injuries, illnesses, and ways of prevention and treatment.**

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**Recognize and describe the relationship between personal health behaviors and individual well-being.**

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**Define nutritional terms on food labels (e.g., fats, calories, etc.).**

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

**Analyze how the media influences thoughts and feelings about healthy behavior.**

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**Identify ways that health care technology can impact personal health.**

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**Demonstrate the ability to access valid health information and products and services to enhance health.**

**Investigate how the availability of health services affects the community.**

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**Identify and discuss hazardous products.**

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

**Demonstrate ways to communicate needs, wants, and feelings through verbal and non-verbal communication.**

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**Apply ways to properly communicate care, consideration, and respect for self and others.**

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**Demonstrate the ability to use decision-making skills to enhance health.**

**Communicate information that promotes positive health choices (e.g., nutrition, physical activity, drug use, peer choices).**

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**Demonstrate the ability to use goal-setting skills to enhance health.**

**Develop a personal health plan and track progress toward achievement.**

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**Demonstrate the ability to practice health-enhancing behaviors**

**Demonstrate ways to avoid and reduce threatening or stressful situations.**

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**List personal rights and responsibilities of individuals at home and school.**

**and avoid or reduce health risks.**

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**Demonstrate the ability to advocate for personal, family, and community health.**

**Describe characteristics needed to be a responsible friend and family member.**

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**Identify and understand the importance of contributing to the community.**

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**Demonstrate an ability to influence others to become involved in healthy community projects.**