North Carolina Health Education

Fourth Grade

Mental and Emotional Health

1 **Examine characteristics of health expression of emotions, mental wellness, and personal awareness that contribute to wellbeing.** 4.MEH.1

- 1 Identify strategies that can be adapted when dealing with a challenging problem. 4.MEH.1.1
- 2 Identify growth mindset strategies for everyday problems. 4.MEH.1.2
- 2 Explore individual character strengths that contribute to mental wellness. 4.MEH.1.3

2 **Summarize positive and negative stressors to promote wellbeing.** 4.MEH.2

- 1 Determine personal positive and negative stressors. 4.MEH.2.1
- 2 Explore personal positive stress management strategies. 4.MEH.2.2

Personal and Consumer Health

1 **Apply personal behaviors and practices that promote health and prevent disease.** 4.PCH.1

- 1 Compare methods that prevent the spread of germs. 4.PCH.1.1
- 2 Describe factors which lead to sufficient sleep and regular physical activity. 4.PCH.1.2
- 3 PCH.1.3 Recognize and respond to obvious symptoms of common childhood illnesses and conditions such as asthma, allergies, diabetes, and epilepsy. 4.PCH.1.3
- 4 Create a personal dental health plan. 4.PCH.1.4

2 **Understand necessary steps to prevent and respond to unintentional injury.** 4.PCH.2

- 1 Identify personal protection equipment needed for sports or recreational activities. 4.PCH.2.1
- 2 Illustrate skills for providing first aid for choking victims. 4.PCH.2.2

3 **Understand body systems and organs, their functions, and their care.** 4.PCH.3

- 1 Identify the basic components and functions of the respiratory system. 4.PCH.3.1
- 2 Summarize habits to care for the skin. 4.PCH.3.2

Int Co Healthy Relationships

Skip to main content

pply healthy and effective interpersonal communications and relationships to nhance wellbeing. 4.ICHR.1

1 Demonstrate respect and empathy for others. 4.ICHR.1.1

2 Interpret non-verbal communications of others. 4.ICHR.1.2

3 Apply appropriate strategies for conflict resolution for conflict/bullying. 4.ICHR.1.3

4 List characteristics of healthy relationships including empathy, respect, patience, and kindness. 4.ICHR.1.4

2 Understand the changes that occur during puberty and adolescence. 4.ICHR.2

1 Summarize physical and emotional changes during puberty. 4.ICHR.2.1

2 Recognize that individuals experience puberty at different ages and for different lengths of time (early, average, late). 4.ICHR.2.2

Nutrition and Physical Activity

1 Interpret tools to apply nutrition information. 4.NPA.1

1 Using a school lunch or breakfast menu, plan a meal that includes 3-5 different food groups. 4.NPA.1.1

2 Explain that foods are generally grouped into food groups based on the nutrients they provide. 4.NPA.1.2

2 2 Explore external factors that affect which foods we eat. 4.NPA

1 Evaluate influences that affect the food you eat. 4.NPA.2.1

2 List measures to prevent food borne illnesses, including washing hands and food storage methods. 4.NPA.2.2

3 Compare the benefits of different activities for your body to promote wellness. 4.NPA.3

1 Identify short- and long-term benefits of moderate and vigorous physical activity. 4.NPA.3.1

2 Describe the benefits of drinking water before, during, and after physical activity. 4.NPA.3.2

Alcohol, Nicotine, Cannabis, and other Drugs

1 Understand health risks associated with the use of nicotine products. 4.ANCOD.1

1 Summarize the short-term and long-term effects of nicotine products. 4.ANCOD.1.1

2 Explain why nicotine products are addictive. 4.ANCOD.1.2

2 Understand why people use nicotine products. 4.ANCOD.2

1 Identify possible personal and societal influences on nicotine use. 4.ANCOD.2.1

2 Analyze the use of various marketing strategies to influence people to purchase various nicotine products. 4.ANCOD.2.2

3 Apply risk reduction behaviors to protect self and others from alcohol, nicotine, cannabis, and other drug use. 4.ANCOD.3

Skip to main content

1 Identify refusal skills to resist the pressure to experiment with a variety of nicotine products. 4.ANCOD.3.1

2 Select strategies to use in avoiding situations in which smoked and electronic nicotine products are being used to minimize exposure to secondhand smoke and aerosol. 4.ANCOD.3.2