Virginia Health

Grade 3

Essential Health Concepts

1 The student will explain that health habits and practices impact personal growth and development. 3.1

Body Systems

a Identify the major structures and functions of the digestive system. 3.1.A

Nutrition

b Explain the importance of water and healthy food choices for digestion and body function. 3.1.B

c Identify whole grain and refined grain food items. 3.1.C

d Identify foods that most often cause a food allergy. 3.1.D

Physical Health

e Describe the benefits of getting enough sleep and the consequences of the use of electronic devices (i.e., screen time) on sleep. 3.1.E

Disease Prevention/Health Promotion

f Identify the steps for goal setting to adopt positive health practices. 3.1.F

g Define noncommunicable and describe the difference between communicable and noncommunicable diseases. 3.1.G

Substance Abuse Prevention

h Describe proper and improper use of prescription (e.g., taking medication prescribed for someone else) and nonprescription medications. 3.1.H

i Identify body systems affected by the use of alcohol, tobacco, nicotine products (e.g., electronic smoking devices), inhalants, and other drugs. 3.1.I

Safety/Injury Prevention

j Explain safety rules at home and when riding in a motor vehicle. 3.1.J

k Explain the need for personal safety strategies when interacting with others online. 3.1.K

l Identify different safety drills that are important for home and school. 3.1.L

Mental Wellness/Social and Emotional Skills

m Describe feelings/emotions that result from experiencing change, such as the arrival of a new family member, making new friends, going to a new school, being accepted by peers, and losing a loved one. 3.1.M

n Describe the benefits of friendship and list the qualities of a good friend. 3.1.N

o Define conflict and identify possible situations where conflict can occur with family and friends. 3.1.O

Violence Prevention

p Describe what bullying is and how to identify it. 3.1.P

q Explain the benefits of positive communication on relationships with family and friends. 3.1.Q

Community/Environmental Health

r Explain what happens with waste and recycled materials. 3.1.R

Healthy Decisions

2 **The student will demonstrate the ability to use essential health concepts to improve personal health.** 3.2

Body Systems

a Describe how the body uses digested food molecules. 3.2.A

Nutrition

b Describe why digestion is important for body function. 3.2.B

c Explain the difference between a whole grain and a refined grain and the nutritional benefits of eating whole grains. 3.2.C

d Explain your school's food policy as it relates to food allergens (e.g., peanut-free classrooms, cafeteria options for children with food allergies). 3.2.D

Physical Health

e Evaluate how sleep, physical activity, screen time, and healthy food and beverage choices affect one’s personal health. 3.2.E

Disease Prevention/Health Promotion

f List the benefits of goal setting for personal health. 3.2.F

g Analyze the importance of prevention and early detection of communicable and noncommunicable diseases. 3.2.G

Substance Abuse Prevention

h Explain the consequences of disregarding medical recommendations for prescription and nonprescription medications. 3.2.H

i Analyze the harmful short- and long-term effects of alcohol, tobacco, nicotine products, common household inhalants, and other drugs on body systems. 3.2.I

Safety/Injury Prevention

j Explain the importance of following safety rules at home and when riding in a motor vehicle. 3.2.J

k Identify situations when adult assistance may be needed with online interactions. 3.2.K

l Demonstrate proper behavior during safety drills at school. 3.2.L

Mental Wellness/Social and Emotional Skills

m Explain how to identify, express, and respond to emotions in a healthy way. 3.2.M

n Describe how to make and keep a friend and behaviors that may cause the friendship to end (e.g., being unaware of the attitudes and feelings of others, using inappropriate language and behavior, excluding a friend from activities, breaking promises). 3.2.N

o Describe how to make healthy decisions when dealing with conflict, including when help from an adult is needed. 3.2.O

Violence Prevention

p Identify ways to safely stand up to bullying and how to get help. 3.2.P

q Describe how to communicate directly, respectfully, and assertively with family and friends. 3.2.Q

Community/Environmental Health

r Analyze how reducing, reusing, and recycling products promotes a healthier environment. 3.2.R

Advocacy and Health Promotion

3 The student will promote health and safety at school and at home. 3.3

Body Systems

a Evaluate the role of the digestive system in providing energy for the body. 3.3.A

Nutrition

b Identify healthy food and beverage choices to support digestion and body function. 3.3.B

c Explore how grains are grown and the careers related to it (e.g., agriculture, farming, food science, environmental science). 3.3.C

d List alternatives (e.g., stickers, pencils, games) for school celebrations that are safe for someone with a food allergy. 3.3.D

Physical Health

e Set a goal for a positive health practice and monitor progress. 3.3.E

Disease Prevention/Health Promotion

f Identify areas for improving personal health. 3.3.F

g Identify healthcare professionals who can help prevent and detect health concerns. 3.3.G

Substance Abuse Prevention

h Create a health message about the proper use of prescription and nonprescription medications. 3.3.H

i Encourage others to use refusal skills to avoid alcohol, tobacco, nicotine products, inhalants, other drugs, and unknown substances. 3.3.I

Safety/Injury Prevention

j Discuss and develop a family safety plan to prevent injuries at home and when riding in a motor vehicle. 3.3.J

k Create strategies for personal safety when online. 3.3.K

l Practice disaster-preparedness procedures at home and at school. 3.3.L

Mental Wellness/Social and Emotional Skills

m Design and demonstrate effective strategies for expressing and managing emotions, which may include physical activity, talking about feelings, reading, or creative expressions such as writing, art, music, and dance. 3.3.M

n Demonstrate behaviors to make and keep friends (e.g., effective communication skills; awareness of the attitudes, feelings, and opinions of others; appropriate language and behavior; sharing; reciprocal helping behavior). 3.3.N

o Demonstrate healthy ways to resolve conflict, including determining when adult help is needed. 3.3.O

Violence Prevention

p Describe how to report bullying and how to advocate for oneself and for others who are bullied. 3.3.P

q Demonstrate positive ways to communicate with family and friends. 3.3.Q

Community/Environmental Health

r Demonstrate ways to reduce, reuse, and recycle at home, at school, and in the community. 3.3.R