Virginia Health

Grade 4

Essential Health Concepts

1 The student will explain how nutrition and other health-enhancing behaviors affect personal health and academic achievement. 4.1

Body Systems

a Identify the major structures and functions of the immune system. 4.1.A

Nutrition

b Identify foods that contain saturated and trans fat. 4.1.B

c Describe the importance of protein for growth and development. 4.1.C

d Determine how serving sizes, additives, preservatives, sodium, and added sugar content for a variety of foods and beverages affect health. 4.1.D

Physical Health

e Describe the benefits of rest, sleep, and a physically active lifestyle. 4.1.E

Disease Prevention/Health Promotion

f Describe causes of communicable disease (i.e., how viruses, bacteria, parasites, and fungi are spread). 4.1.F

g Describe the types and causes of noncommunicable/chronic diseases. 4.1.G

Substance Abuse Prevention

h Compare the short- and long-term consequences of the use of alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs. 4.1.H

i Identify effective verbal and nonverbal communication skills to resist/refuse alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs. 4.1.I

Safety/Injury Prevention

j Explain appropriate protective gear when engaged in physical activities such as cycling, rollerblading, skateboarding, and water sports. 4.1.J

k Describe safe and unsafe use of the Internet, including online gaming. 4.1.K

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Mental Wellness/Social and Emotional Skills

l Identify feelings and emotions associated with loss and grief and their impact on one's health. 4.1.L

m Describe self-concept and how it can be influenced by internal and external factors. 4.1.M

n Identify effective verbal and nonverbal communication skills (e.g., speaking, listening, eye contact, body language). 4.1.N

o Recognize that every person is different and has different needs. 4.1.O

Violence Prevention

p Explain the difference between teasing and taunting and when teasing and taunting can be considered bullying. 4.1.P

q Describe steps to resolve a conflict. 4.1.Q

r Recognize harmful or abusive relationships. 4.1.R

Community/Environmental Health

s Describe the effects of water pollution on health. 4.1.S

t Identify community health issues. 4.1.T

Healthy Decisions

2 **The student will describe health concepts and behaviors that prevent illness, disease, and injury and that promote positive relationships.** 4.2

Body Systems

a Describe how the immune system defends the body against germs and disease. 4.2.A

Nutrition

b Describe the effects of saturated and trans fat on overall health. 4.2.B

c Identify a variety of animal and plant-based protein foods. 4.2.C

d Compare the serving sizes, additives, preservatives, sodium, and added sugar content of a variety of foods and beverages. 4.2.D

Physical Health

e Explain how physical activity, rest, and sleep affect physical and mental health. 4.2.E

Disease Prevention/Health Promotion

f Analyze strategies for preventing communicable diseases. 4.2.F

g Explain the role of heredity in some chronic diseases. 4.2.G

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Substance Abuse Prevention

h Examine factors that can influence an individual's decision to use or avoid alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs. 4.2.H

i Describe the effects of peer pressure on use of alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs. 4.2.I

Safety/Injury Prevention

j Explain the health consequences of not following safety practices for recreational activities. 4.2.J

k Explain the consequences of unsafe Internet use. 4.2.K

Mental Wellness/Social and Emotional Skills

l Describe healthy coping skills for handling the emotions of loss and grief. 4.2.L

m Describe how developing a healthy self-concept is an ongoing and essential life skill. 4.2.M

n Explain how bullying impacts individuals and affects one's health. 4.2.N

o Analyze positive strategies for resolving conflict. 4.2.O

Violence Prevention

p Explain the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations. 4.2.P

q Demonstrate effective communication skills. 4.2.Q

r Explain why bullying or teasing someone who may have different needs or abilities is inappropriate. 4.2.R

Community/Environmental Health

s Explain the health consequences associated with water pollution. 4.2.S

t Discuss the benefits of volunteering, and identify local volunteer opportunities. 4.2.T

Advocacy and Health Promotion

3 The student will describe the importance of identifying and accessing health resources for personal and community health. 4.3

Body Systems

a Describe the effects of nutrition, personal hygiene, and sleep on the immune system. 4.3.A

Nutrition

b Identify ways to moderate intake of foods high in saturated and trans fats, including understanding the role of serving sizes. 4.3.B

c Design snack options that include protein, vegetables, and fruit. 4.3.C

d Explain how serving sizes, additives, preservatives, and added sugar affect one's health over time (e.g., increased vulnerability to disease and obesity). 4.3.D

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Physical Health

e Create a plan to meet the daily requirement for physical activity, rest, and sleep, using valid and reliable resources. 4.3.E

Disease Prevention/Health Promotion

f Develop a plan to prevent the spread of communicable disease. 4.3.F

g Explore methods to reduce risks associated with noncommunicable/chronic disease. 4.3.G

Substance Abuse Prevention

h Determine the importance of resistance/refusal skills in saying no to alcohol, tobacco, inhalants, and other drugs. 4.3.H

i Demonstrate effective refusal skills for situations involving peer pressure to use harmful substances. 4.3.I

Safety/Injury Prevention

j Promote safe participation in recreational activities. 4.3.J

k Develop strategies for safe Internet and online gaming use. 4.3.K

Mental Wellness/Social and Emotional Skills

l Identify strategies and resources, including understanding the role of school counselors, psychologists, and social workers, to manage feelings that may result from loss and grief. 4.3.L

m Explain how challenges and successes provide learning experiences to help develop a healthy self-concept. 4.3.M

n Practice initiating, sustaining, and ending conversations. 4.3.N

o Describe ways to show compassion for others. 4.3.O

Violence Prevention

p Promote strategies to report bullying and aggressive behaviors and to safely advocate and stand up for others. 4.3.P

q Demonstrate strategies to resolve conflict in a variety of situations. 4.3.Q

r Identify trusted adults at home, in school, and in the community who can help with unsafe or uncomfortable situations. 4.3.R

Community/Environmental Health

s Identify possible solutions for a community health issue and volunteer opportunities to address the issue. 4.3.S

t Develop strategies to reduce water pollution. 4.3.T