

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

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

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**

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
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