Virginia Health

Grade 5

Essential Health Concepts

1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health. 5.1

Body Systems

a Identify the major structures and functions of the integumentary (skin, hair, and nails) system. 5.1.A

b Identify the major structures and functions of the eyes and ears. 5.1.B

Nutrition

c Define macronutrients and micronutrients and how the body uses each. 5.1.C

d Explain Recommended Dietary Allowance (RDA) and the concepts of eating in moderation and energy balance in relation to healthy weight. 5.1.D

e Describe the effects of caffeine on the body. 5.1.E

Physical Health/Disease Prevention/Health Promotion

f Explain the effects of physical activity, sleep, and personal health habits and behaviors on heart health. 5.1.F

g Examine the health risks associated with unprotected sun exposure. 5.1.G

h Describe hygiene habits that promote good health. 5.1.H

Substance Abuse Prevention

i Analyze the effects of the use of alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs on relationships with family, peers, and other individuals. 5.1.I

j Explain the connection between mental health and substance use. 5.1.J

Safety/Injury Prevention

k Analyze why people choose to follow or not follow safety rules at school. 5.1.K

Mental Wellness/Social and Emotional Skills

l Define stress and identify physical and emotional responses caused by stress. 5.1.L

m Define positive self-image. 5.1.M

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Violence Prevention

n Identify components of healthy relationships and the social skills that are essential for building and sustaining relationships with family and friends. 5.1.N

o Identify effective verbal and nonverbal communication skills for resolving conflict situations. 5.1.O

p Define cyberbullying and its impact on one's health and well-being. 5.1.P

q Recognize the influence of violence in the media on behaviors. 5.1.Q

r Define and describe harassment. 5.1.R

Community/Environmental Health

s Describe the effects of air and noise pollution on health and the environment. 5.1.S

Healthy Decisions

2 **The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.** 5.2

Body Systems

a Describe the importance of maintaining a healthy integumentary system. 5.2.A

b Identify behaviors and environments that can lead to vision and hearing loss. 5.2.B

Nutrition

c Explain the RDA for macronutrients and micronutrients. 5.2.C

d Analyze food labels for a selected meal that meets RDA and energy balance for health. 5.2.D

e Identify the influence of marketing techniques on food and beverage choices (e.g., caffeinated beverages). 5.2.E

Physical Health/Disease Prevention/Health Promotion

f Review personal health habits that support heart health and the ability to perform various physical activities. 5.2.F

g Determine strategies to protect against the harmful effects of the sun. 5.2.G

h Explain the importance of dental care, hand washing, and other personal hygiene habits for good health. 5.2.H

Substance Abuse Prevention

i Describe effective communication skills to request assistance in situations where alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs are being abused. 5.2.I

j Describe how to get help and assistance with mental health and substance use concerns. 5.2.J

Safety/Injury Prevention

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k Examine one's role and the role of others in causing or preventing injuries at school. 5.2.K

Mental Wellness/Social and Emotional Skills

l Identify positive and negative ways to manage stress in a variety of situations. 5.2.L

m Recognize the importance of developing and maintaining a positive self-image. 5.2.M

n Describe the benefits of healthy relationships with family, friends, and other adult mentors. 5.2.N

Violence Prevention

o Ability to analyze the role of feelings/emotions in conflict resolution situations. 5.2.O

p Describe how to report cyberbullying at school and at home. 5.2.P

q Demonstrate how to show respect for individual differences. 5.2.Q

r Describe how to respond to and report harassing behaviors. 5.2.R

Community/Environmental Health

s Describe strategies to decrease the impact of air quality and noise pollution on body function and the environment. 5.2.S

Advocacy and Health Promotion

3 The student will explain how peers, families, and community groups work together to promote health, prevent disease, and create a healthy community. 5.3

Body Systems

a Describe ways to care for the integumentary system (e.g., personal hygiene, sun safety). 5.3.A

b Describe ways to prevent vision and hearing loss and the associated healthcare professionals (e.g., optometrist, ophthalmologist, audiologist). 5.3.B

Nutrition

c Analyze and interpret information on food packaging, including Nutrition Facts Labels, ingredient lists, and health claims. 5.3.C

d Design marketing materials to increase the sale and consumption of healthy foods and beverages that meet RDA and energy balance for health. 5.3.D

e Promote sale and consumption of healthy beverages. 5.3.E

Physical Health/Disease Prevention/Health Promotion

f Support family and peers in making positive food, physical activity, and sleep choices that promote heart health. 5.3.F

g Identify strategies to protect against the harmful effects of the sun. 5.3.G

h Explore the role of parents/guardians and health professionals as resources to promote health, prevent disease, and create a healthy community. 5.3.H

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Substance Abuse Prevention

i Encourage others not to use alcohol, tobacco, nicotine products, marijuana, inhalants, or other harmful drugs. 5.3.I

j Identify prevention resources and strategies for avoiding alcohol, tobacco, inhalants, and other drugs. 5.3.J

Safety/Injury Prevention

k Promote safety procedures school-wide. 5.3.K

Mental Wellness/Social and Emotional Skills

l Practice strategies for managing stress. 5.3.L

m Analyze positive and negative influences on self-image (e.g., media, peers). 5.3.M

n Identify healthy activities that students can do with friends and family to build positive relationships. 5.3.N

Violence Prevention

o Demonstrate effective communication skills to defuse or resolve conflict. 5.3.O

p Describe ways to offer friendship and support to someone who has been cyberbullied. 5.3.P

q Advocate for a caring school environment. 5.3.Q

r Practice ways to respond to and report harassing behaviors. 5.3.R

Community/Environmental Health

s Research community service opportunities to address air, noise, and other environmental health issues for peers and community groups to volunteer and work on together. 5.3.S