

Grade 4

Adopted 2012

Comprehend concepts related to health promotion and disease prevention to enhance health.

Identify the relationship between health behaviors and individual well-being.

Distinguish between communicable and non-communicable diseases.

Identify and practice strategies to reduce the spreading of germs.

Identify and discuss serving sizes as recommended by the Food and Drug Administration (FDA).

Analyze the influence of family, peers, culture, media, technology, and other factors on health.

Identify advertising techniques used in marketing health related products.

Explore differences in cultural diets.

Analyze ways health care technology can enhance personal health.

Demonstrate the ability to access valid health information and products and services to enhance health.

Demonstrate the ability to locate resources from home, school, and community that provide valid health information.

Distinguish between fact and opinion in health information.

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Distinguish between fact and opinion in health information.

Demonstrate the ability to use decision-making skills to enhance health.

Explain how exercise enhances health.

Explain the impact of substance abuse on the individual, family, and community.

Apply a decision-making process to address personal health issues and problems.

Demonstrate the ability to use goal-setting skills to enhance health.

Develop a personal health plan and track progress toward achievement.

Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Compare various factors influencing health.

Illustrate safety and injury prevention techniques.

Distinguish between medicine use and misuse.

Demonstrate the ability to advocate for personal, family, and community health.

Identify the characteristics of a good friend.

Demonstrate healthy choices outside the school environment.

Discuss ways that family time promotes healthy lifestyles.