

Grade 4

Wellness Promotion and Disease Prevention

- 1 Identify responsible health behaviors to avoid the spread of contagious diseases. [WE.4.1](#)
- 2 Describe the functions of the circulatory, respiratory, nervous, endocrine systems of the human body. [WE.4.2](#)
- 3 Describe the harmful effects of excessive sun exposure and identify ways to reduce overexposure. [WE.4.3](#)

Wellness Information and Services

- 4 Identify specific community resources providing health care, health information, and health enhancing activities. [WE.4.4](#)
- 5 Explore how the media attempts to influence thoughts, feelings, and health behaviors. [WE.4.5](#)

Wellness Behaviors

- 6 Develop and practice a personal hygiene plan. [WE.4.6](#)
- 7 Recognize and accept individual differences in others (e.g., skills, appearance, gender). [WE.4.7](#)
- 8 Discuss the improper use and abuse of drugs. [WE.4.8](#)
- 9 Examine food labels and nutritional value. [WE.4.9](#)
- 10 Discuss examples for food advertising and influences on personal health. [WE.4.10](#)
- 11 Identify and discuss TV and other media programs exemplifying healthy family relationships. [WE.4.11](#)
- 12 Examine the consequences of not using appropriate safety skills and equipment for recreational purposes. [WE.4.12](#)
- 13 Plan a balanced meal using proper nutrition guides. [WE.4.13](#)
- 14 Define risk-taking behaviors and resulting consequences. [WE.4.14](#)
- 15 Explain the physical, social, and emotional changes that occur during puberty and adolescence. [WE.4.15](#)