



**HEALTH**  
**FIFTH GRADE**



**Health – Grade 5**  
**17.00600**

**Course Description:** Health literacy is the capacity of individuals to obtain, interpret and understand basic health information and services and the competence to use such information and services in the ways which enhance health. The health literate person is a critical thinker and problem solver, a responsible, productive citizen, a self-directed learner and an effective communicator.

## Course Standard 1

**Students will comprehend concepts related to health promotion and disease prevention to enhance health**

- a. The learner will recognize diseases/illnesses (e.g., diabetes, growth hormone abnormalities and hepatitis) that affect the endocrine/immune system and discuss methods of prevention.
- b. The learner will distinguish the difference between Communicable and Non-communicable Diseases
- c. The learner will identify ways to prevent the spread of communicable diseases (e.g., inoculation and quarantine).
- d. The learner will develop strategies and skills for maintaining an adequate level of personal hygiene, emphasizing changes during puberty.
- e. The learner will choose local support systems concerning personal safety (e.g., family, teacher, religious advisor, friend, and counselor).
- f. The learner will summarize the dangers of taking medicines or drugs.
- g. The learner will discuss terms: side effect, overdose, dependence, tolerance, addiction, drug misuse, drug abuse, legal, and illegal drugs.
- h. The learner will know the basic concept of how our immune system works.
- i. The learner will understand that the most important change of puberty is that young people become capable of childbearing.
- j. The learner will identify parts and major functions of the endocrine system.
- k. The learner will describe the changes that occur during puberty (physical, emotional, and social).
- l. The learner will relate how personal health practices effect the functions of the endocrine system.
- m. The learner will explain dietary disorders and health problems associated with nutrient deficiencies and excesses.

## Course Standard 2

**Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors**

- a. The learner will examine the influence of family and peers on personal health behaviors and decisions.
- b. The learner will explain how media/technology influences thoughts, feelings, and health behaviors.
- c. The learner will describe how the home, school, and community culture can influence personal health.

## Course Standard 3

**Students will demonstrate the ability to access valid information and products and services to enhance health**

- a. The learner will identify characteristics of valid health information products, and services.
- b. The learner will locate resources from home, school, and community that provide valid health information.

## Course Standard 4

**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks**

- a. The learner will apply effective verbal and nonverbal communication skills to enhance health.
- b. The learner will practice nonviolent strategies to manage or resolve conflicts.
- c. The learner will demonstrate how to ask for assistance to enhance personal health and the health of others.

## Course Standard 5

**Students will demonstrate the ability to use decision-making skills to enhance health**

- a. The learner will identify health-related situations that might require a thoughtful decision.
- b. The learner will analyze situations when assistance is needed in making a health-related decision.
- c. The learner will list healthy options to a health-related issue or problem.
- d. The learner will predict the potential outcome of each option when making a health-related decision.
- e. The learner will choose a healthy option when making a decision.
- f. The learner will describe the outcomes of a health related decision.

## Course Standard 6

**Students will demonstrate the ability to use goal-setting skills to enhance health**

- a. The learner will set a personal health goal and track progress toward its achievement.
- b. The learner will identify and utilize resources to assist in achieving a personal health goal.

## Course Standard 7

**Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks**

- a. The learner will practice responsible personal health choices.
- b. The learner will demonstrate a variety of healthy practices and behaviors to preserve or enhance personal health.
- c. The learner will perform a variety of behaviors that prevent or decrease health risks.

## Course Standard 8

**Students will demonstrate the ability to advocate for personal, family, and community health**

- a. The learner will review accurate information and develop an opinion about a health issue.
- b. The learner will illustrate how to assist others to make positive health choices.

