



**HEALTH**  
**FOURTH GRADE**



**Health – Grade 4**  
**17.00500**

**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 name healthy habits to avoid digestive diseases.
- b. The learner will examine the harmful effects of drugs such as inhalants, alcohol, and marijuana.
- c. The learner will identify threats to personal safety (e.g., child abuse, physical abuse, neglect and emotional abuse).
- d. The learner will relate how personal health practices dealing with nutrition, disease prevention, alcohol, tobacco products, and other drug use affect the body.
- e. The learner will predict the consequences of individual behavior related to accidents and injuries.
- f. The learner will identify the parts and major functions of the digestive system
- g. The learner will conclude that foods must be digested before the body can use them.
- h. The learner will recognize age-appropriate dietary guidelines.
- i. The learner will select appropriate ways to express and deal with emotions and feelings.

### **Course Standard 2**

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

- a. The learner will identify the influence of culture on health practices and behaviors.
- b. The learner will describe how the school and community can support personal health practices and behaviors.
- c. The learner will describe how technology and the media can influence personal health.

### **Course Standard 3**

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

- a. The learner will recognize the characteristics of valid health information, products, and services.
- b. The learner will summarize the services that school, family, and community provide concerning personal health.

### **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 describe effective negotiation skills to manage or resolve conflict.
- b. The learner will demonstrate skills that communicate care, consideration, and respect of self and others, including those with disabilities.

### **Course Standard 5**

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

- a. The learner will explain a situation that may require a thoughtful health-related decision.
- b. The learner will determine when help is needed to make a health-related decision.
- c. The learner will indicate healthy alternatives to health-related issues and problems.
- d. The learner will describe the possible consequences of each option with making a health-related decision.
- e. The learner will determine a healthy choice when making a decision.

## Course Standard 6

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

- a. The learner will develop a personal health goal and identify ways to monitor its progress.
- b. The learner will discuss resources needed to help achieve 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 beneficial health behaviors.
- b. The learner will demonstrate a healthy behavior to improve personal health and wellness.
- c. The learner will demonstrate behaviors to reduce health risks.

## Course Standard 8

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

- a. The learner will provide valid health information about a health issue.
- b. The learner will help others make positive choices.

