

Grade 3

Adopted 2012

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

Identify types of childhood injuries, illnesses, and ways of prevention and treatment.

Recognize and describe the relationship between personal health behaviors and individual well-being.

Define nutritional terms on food labels (e.g., fats, calories, etc.).

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

Analyze how the media influences thoughts and feelings about healthy behavior.

Identify ways that health care technology can impact personal health.

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

Investigate how the availability of health services affects the community.

Identify and discuss hazardous products.

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

Demonstrate ways to communicate needs, wants, and feelings through verbal and non-verbal communication.

Apply ways to properly communicate care, consideration, and respect for self and others.

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

Communicate information that promotes positive health choices (e.g., nutrition, physical activity, drug use, peer choices).

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

Demonstrate ways to avoid and reduce threatening or stressful situations.

List personal rights and responsibilities of individuals at home and school.

and avoid or reduce health risks.

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

Describe characteristics needed to be a responsible friend and family member.

Identify and understand the importance of contributing to the community.

Demonstrate an ability to influence others to become involved in healthy community projects.