

# Health: Grade 3

Adopted 2016

## Wellness

### 1. Dimensions of Health

3. Recognize dimensions of health. [H1.W1.3](#)
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### 2. Hygiene

3. Demonstrate effective hygiene practices. [H7.W2.3](#)
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### 3. Disease Prevention

- a. Identify ways pathogens enter the body. [H1.W3.3.A](#)
  - b. Identify common chronic diseases and allergies. [H1.W3.3.B](#)
  - c. Explain how common childhood illnesses are treated. [H1.W3.3.C](#)
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### 4. Analyzing Influences

3. Describe how media and technology influence health decisions and behaviors. [H2.W4.3](#)
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### 5. Access Valid Information

3. Investigate resources from home, school, and community that provide valid health information. [H3.W5.3](#)
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### 6. Communication

- a. Demonstrate effective refusal skills. [H4.W6.3.A](#)
  - b. Recognize how to ask for needs. [H4.W6.3.B](#)
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### 7. Decision-Making

3. Predict potential short-term outcomes of a health-related decision. [H5.W7.3](#)
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### 8. Goal-Setting

3. Identify resources to support achievement of a personal health goal. [H6.W8.3](#)
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## Safety

### 1. Injury Prevention

- a. Identify ways to prevent injuries at home, at school, and in the community. [H1.SA1.3.A](#)
- b. Create emergency, fire, and safety plans for home. [H1.SA1.3.B](#)

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## 2. First Aid

- b. Identify basic first aid steps. [H1.SA2.3.B](#)

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## 3. Violence Prevention

- a. Identify potentially violent situations. [H1.SA3.3.A](#)
- b. Differentiate between gang, clique, and club. [H1.SA3.3.B](#)
- c. Understand impact of violent behavior on others. [H1.SA3.3.C](#)

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## Nutrition

### 1. Food Groups and Nutrients

- a. Create a balanced meal. [H1.N1.3.A](#)
- b. Define nutrient. [H1.N1.3.B](#)
- c. List six nutrients: carbohydrates, fats, proteins, vitamins, minerals, water. [H1.N1.3.C](#)

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### 2. Beverages

- 3. Explain importance of choosing healthy beverages. [H1.N2.3](#)

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### 3. Label Literacy

- a. Identify types of information on a Nutrition Facts label. [H1.N3.3.A](#)
- b. Understand importance of reading a Nutrition Facts label. [H1.N3.3.B](#)

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### 4. Caloric Intake and Expenditure

- a. Distinguish between different energy sources: proteins, fats, carbohydrates. [H1.N4.3.A](#)
- b. Understand the relationship between caloric intake and expenditure. [H1.N4.3.B](#)

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### 5. Disease Prevention

- a. Identify foods that are high in sodium and added sugars. [H1.N5.3.A](#)
- b. Describe benefits of limiting consumption of sodium and added sugars. [H1.N5.3.B](#)
- c. Describe benefits of consuming fruits, vegetables, and whole grains. [H1.N5.3.C](#)

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### 6. Nutritional Planning

- 3. Identify how peers, media, and technology influence food and beverage choices and eating behaviors. [H2.N6.3](#)
  - 3. Identify reliable resources that promote healthy eating. [H3.N6.3](#)
  - 3. Develop a healthy eating goal. [H6.N6.3](#)
  - 3. Demonstrate effective refusal skills to limit unhealthy food choices and promote healthy eating. [H4.N6.3](#)
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## Sexual Health

### 1. Anatomy and Physiology

3. Recognize medically accurate names for body parts, including internal and external reproductive anatomy. [H1.SE1.3](#)
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### 2. Growth and Development

3. Understand puberty is part of the process of growth and development. [H1.SE2.3](#)
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### 3. Reproduction

3. Understand humans can reproduce. [H1.SE3.3](#)
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### 5. Self-Identity

- a. Explain that gender roles can vary considerably. [H1.SE5.3.A](#)
  - b. Understand importance of treating others with respect regarding gender identity. [H1.SE5.3.B](#)
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### 6. Healthy Relationships

- a. List characteristics of healthy and unhealthy friendships. [H4.SE6.3.A](#)
  - a. Identify trusted adults to communicate with about relationships. [H1.SE6.3.A](#)
  - b. Identify positive ways to communicate differences of opinion while maintaining relationships. [H4.SE6.3.B](#)
  - b. Understand that a child is not at fault if an unwanted touch occurs. [H1.SE6.3.B](#)
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## Social Emotional Health

### 1. Self-Esteem

- a. Define self-esteem. [H1.S01.3.A](#)
  - b. Identify characteristics of healthy self-esteem. [H1.S01.3.B](#)
  - c. Understand self-esteem can be enhanced by working through challenges. [H1.S01.3.C](#)
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### 2. Body Image

3. Identify positive and negative influences on body image. [H2.S02.3](#)
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### 3. Stress Management

3. Identify strategies to manage personal stress. [H7.S03.3](#)
  - a. Explain how the body reacts to stress. [H1.S03.3.A](#)
  - b. Identify personal stressors. [H1.S03.3.B](#)
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### 4. Expressing Emotions

- a. Describe importance of being aware of one's own feelings. [H1.S04.3.A](#)
- b. Identify characteristics of self-control. [H1.S04.3.B](#)

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## 5. Harassment, Intimidation, and Bullying

- 3. Demonstrate how to respond appropriately to bullying or teasing. [H4.S05.3](#)
  - 3. Identify benefits of intervening and disadvantages of being a bystander. [H8.S05.3](#)
  - 3. Recognize harassment and intimidation. [H1.S05.3](#)
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## Substance Use and Abuse

### 1. Use and Abuse

- a. Compare and contrast prescription and over-the-counter medicines with harmful drugs. [H1.SU1.3.A](#)
  - b. Understand commonly used terms for marijuana. [H1.SU1.3.B](#)
  - 3. Identify how family, school, and community influence decisions related to tobacco, alcohol, and marijuana. [H2.SU1.3](#)
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### 2. Effects

- 3. Describe effects of tobacco, secondhand smoke, alcohol, and marijuana. [H1.SU2.3](#)
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### 3. Prevention

- 3. Describe verbal and nonverbal communication skills to avoid tobacco, alcohol, and marijuana. [H4.SU3.3](#)
- 3. Identify situations and potential outcomes of decisions related to tobacco, alcohol, and marijuana. [H5.SU3.3](#)