

# 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