

# 3rd Grade NSES

## Personal Health (3)

**Overall Unit Goal:** *Students will understand how to keep their body healthy.*

P3-1-1	Compare and contrast major and minor body problems.
P3-1-2	Describe different kinds of body problems, and their causes and effects.
P3-1-3	Describe the basic structure and functions of the human body systems. (E.g.- skeletal system, eyes).
P3-6-1	Identify personal health needs and health habits.

## Nutrition (3)

**Overall Unit Goals:** *Students will understand the importance of eating healthy. Students will learn how to make healthy food choices.*

N3-1-1	Describe how different nutrients affect the body and where in food pyramid specific nutrients are found.
N3-1-2	Define & identify the importance of healthy food choices, variety and moderation.
N3-4-1	Explain the importance of food labels in making healthy decisions.
N3-6-1	Apply the Food Pyramid to create diverse meal plans.

## Mental & Emotional Health (3)

**Overall Unit Goal:** *Students will understand the basic characteristics of healthy emotional attitudes and behavior about oneself and others.*

M3-1-1	Describe the connection between attitudes, values, and goals.
M3-3-1	Practice conflict resolution in a variety of situations.
M3-4-1	Analyze the possible causes of conflict among students in schools and communities.
M3-4-2	Describe how positive and negative attitudes affect healthy choices.

## Substance Use & Abuse Prevention (3)

**Overall Unit Goal:** *Students will understand the dangerous effects from being addicted to drugs.*

S3-1-1	Define the word "addiction" and explain what it means to be addicted to drugs and how it can happen.
S3-5-1	Discover how to "say no" in a threatening or at risk situation involving smoking drinking and drugs.
S3-6-1	Predict the consequences to the person and their family of becoming addicted to drugs.

## Disease Control & Prevention (3)

**Overall Unit Goal:** *Students will recognize factors which cause disease and illness, and how to prevent the transmission of communicable disease and the development of chronic disease.*

D3-1-1	Describe how to prevent diseases.
D3-1-2	Explain the importance and the care of the bodies defense system in fighting germs.
D3-3-1	Identify and apply disease prevention strategies to improve personal and family health. (E.g.- handwashing, sneezing & coughing into arm)
D3-6-1	Demonstrate making healthy decisions to prevent disease transmission.

## Family Life & Sexuality (3)

**Overall Unit Goal:** *Students will develop an understanding of the emotional and physical issues related to puberty, adolescence and growing up.*

F3-1-1	Explain the role of genes and cell growth development.
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F3-1-2	Define the word "family" and identify different types of families.
F3-2-1	Define "child abuse" and "violence" and identify where to go to get help and protection.
F3-3-1	Practice effective ways to "say no" to those things that threaten your safety.

## Injury Prevention (3)

**Overall Unit Goal: *Students will understand how and why accidents happen, and develop strategies to prevent them.***

I3-1-1	Define the concept of safety and the importance of following safety rules.
I3-1-2	Identify true emergencies and be able to evaluate emergency situations.
I3-1-3	Identify the importance of refusal skills in various unsafe/risky situations.

## Community Health (3)

**Overall Unit Goal: *Students will understand how their actions affect the environment, their family and their community.***

C3-1-1	Explain what community health is.
C3-1-2	Identify forms of air, water, land, and noise pollution and how to prevent it.
C3-2-1	Identify community helpers and how they enhance personal and community health.