

# 4th Grade Halliwell

## Personal Health (4)

**Overall Unit Goal:** *Students will understand the importance of maintaining a high level of personal wellness and hygiene.*

P4-1-1	Define good hygiene and its role in personal wellness.
P4-1-2	Identify behaviors that contribute to a healthy appearance. (E.g.- posture, hair, teeth, nails, and dress)
P4-3-1	Demonstrate how you can practice better personal hygiene and explain why it is important. (E.g.- teeth brushing, handwashing, daily bathing, using personal care products)
P4-6-1	Explain the structure of the human mouth, function of the teeth, and establish routines for proper dental care.

## Nutrition (4)

**Overall Unit Goal:** *Students will understand the role of proper nutrition in maintaining wellness and the relationship between nutrition and physical health.*

N4-1-1	Describe the relationship between calories, energy and nutrients.
N4-1-2	Define & identify the importance of healthy food choices, variety and moderation.
N4-1-3	Explain the components and functions of the digestive system.
N4-1-4	Compare and contrast factors that help or hinder the digestive process.
N4-3-1	Apply their knowledge of the Food Pyramid to select nutritional meals.
N4-4-1	Analyze factors that affect consumers buying habits and eating patterns.

## Mental & Emotional Health (4)

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

M4-1-1	Describe the connection between attitudes, values, and goals.
M4-1-2	Describe how positive and negative attitudes affect healthy choices.
M4-3-1	Practice conflict resolution in a variety of situations.
M4-4-1	Analyze the possible causes of conflict among students in schools and communities.

## Substance Use & Abuse Prevention (4)

**Overall Unit Goal:** *Students will understand the dangerous effects of tobacco.*

S4-1-1	List the chemicals found in tobacco.
S4-1-2	Explain the physical and psychological effects of addiction to tobacco.
S4-4-1	Explain how people and things in your life influence your behavior.
S4-6-1	Predict the effects of smoking "secondhand smoke" on the community.

## Disease Control & Prevention (4)

**Overall Unit Goal:** *Students will recognize factors which cause disease and how to prevent*

D4-1-1	Describe how to prevent diseases.
D4-1-2	Identify ways that HIV/AIDS can be transmitted.
D4-1-3	Explain the importance and the care of the bodies defense system in fighting germs.
D4-3-1	Identify and apply disease prevention strategies to improve personal and family health. (E.g.- handwashing, sneezing & coughing into arm)

# 4th Grade Halliwell

## Family Life & Sexuality (4)

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

F4-1-1	Describe how hormones affect body functions during puberty.
F4-1-2	Describe & identify physical changes that happen during puberty. (E.g.- male vs. female, growth spurt, hair growth, body odor, etc.)
F4-1-3	Identify ways to appropriately express emotions.
F4-5-1	Demonstrate the ability to use healthy ways to express needs, wants and feelings about growing up.

## Injury Prevention (4)

**Overall Unit Goal:** *Students will understand how and why accidents happen and strategies*

I4-1-1	Define the concept of safety and the importance of following safety rules.
I4-1-2	Identify true emergencies and be able to evaluate emergency situations.
I4-1-3	Identify the importance of refusal skills in various unsafe/risky situations.

## Community Health (4)

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

C4-1-1	Explain what community health is.
C4-2-1	Identify community helpers and how they enhance personal and community health.
C4-7-1	Advocate environmental health information to family, friends & peers.