

# Grade 3

**Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

## Health Promotion

Health Behaviors

- 1 Describe the relationship between healthy behaviors and personal health. 3.1.1

Nutrition &

- 2 Illustrate the link between the six main nutrients and being healthy. 3.1.2

Drug Awareness

- 3 Examine the harmful effects of tobacco, drugs, and alcohol on the body. 3.1.3

Hygiene

- 4 Describe strategies and skills important to personal hygiene. 3.1.4

Disease Prevention & Health Care

- 5 Identify symptoms which might need treatment from health care providers.  
Examples: fever, sore throat, toothache 3.1.5

Safety

- 6 Identify personal protection equipment needed for sports or recreational activities. 3.1.6

Dimensions of Health

- 7 Identify positive examples of environmental health. 3.1.7

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**Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

## Analyzing Influences

Family, Peer, & Culture

- 1 Describe how family influences personal health practices and behaviors. 3.2.1
  - a Identify ways that peers can influence healthy and unhealthy behaviors. 3.2.1A

Media & Technology

- 2 Compare a variety of media messages affecting consumer health decisions. 3.2.2
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**Students will demonstrate the ability to access valid information, products, and services to enhance health.**

### **Access to Information**

Information, Products, & Services

- 1 List reliable health-related information, products, and services. Examples: parent, school nurse, counselor [3.3.1](#)
- 2 Identify sources of accurate information about health products, information, and services. [3.3.2](#)

**Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

### **Interpersonal Communication**

Social

- 1 Practice skills needed to develop and maintain personal relationships. Examples: conflict resolution, role play [3.4.1](#)

Emotions & Feelings

- 2 Discuss healthy ways to express needs, wants, and feelings. Examples: using appropriate refusal skills, manners, communication [3.4.2](#)

Conflict Resolution

- 3 Recognize causes of conflicts and apply nonviolent strategies to manage or resolve situations. [3.4.3](#)

Refusal Skills

- 4 State effective refusal skills to enhance health. Examples: responding effectively in refusing alcohol, tobacco, or other drugs [3.4.4](#)
- 5 Explain that each person has the right to tell others not touch his or her body. [3.4.5](#)

**Students will demonstrate the ability to use decision-making skills to enhance health.**

### **Decision -Making**

Problem Solving

- 1 Discuss the consequences of possible choices when making a health decision. Examples: healthy snack vs. junk food, outdoor activity vs. video games, active vs. sedentary, implications of not following established rules [3.5.1](#)

**Students will demonstrate the ability to use goal-setting skills to enhance health.**

### **Goal -Setting**

Self-Awareness

- 1 Set a personal, health-enhancing goal to pursue for several weeks. Examples: setting good morning and bedtime routines, eating more fruits and vegetables [3.6.1](#)

Problem-Solving

- 2 Identify barriers to achieving personal health goals, determine how to achieve, and monitor progress. [3.6.2](#)

**Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

### **Self-Management**

Monitor Progress

- 1 Develop a plan for responsible personal health behavior. Examples: keeping an activity log, planning activities that reduce stress [3.7.1](#)

Injury Prevention

- 2 Describe healthy practices that maintain or improve personal health. Examples: wearing appropriate footwear or clothing for outdoor activity [3.7.2](#)
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**Students will demonstrate the ability to advocate for personal, family, and community health.**

### **Advocacy**

Promote Healthy Habits

- 1 Research public health and environmental laws that protect personal health. Examples: laws dealing with dumping, polluting, littering, secondhand smoke, recycling [3.8.1](#)