

Grade Three

Students in grade three learn how health habits impact growth and development. They learn to compare and contrast healthy and unhealthy practices. Skill building continues as students learn to apply the knowledge of health-risk reduction to the promotion of health. Students access valid information and begin to understand the relationship between personal and community health.

Knowledge and Skills

- 3.1 The student will explain that health habits impact personal growth and development. Key concepts/skills include
 - a) food and beverage choices based on nutritional content;
 - b) the benefits of physical activity and personal fitness;
 - c) safe and harmful behaviors;
 - d) positive interaction with family, peers, and other individuals.
- 3.2 The student will use decision-making skills to promote health and personal wellness. Key concepts/skills include
 - a) goal setting for personal health;
 - b) the process of resolving conflicts peacefully;
 - c) strategies for solving problems related to health.
- 3.3 The student will identify the effects of drugs, alcohol, tobacco, and other harmful substances on personal health. Key concepts/skills include
 - a) improper use of medicines;
 - b) the use of refusal skills to counter negative influences;
 - c) the effects of nicotine, alcohol, and other drugs on body systems;
 - d) the use of common household items as inhalants;
 - e) the effects of mind-altering drugs on behavior.

Information Access and Use

- 3.4 The student will demonstrate the ability to use health information to improve personal health. Key concepts/skills include
 - a) the use of health services and agencies to gain information;
 - b) the ways in which health care has improved as a result of technology;
 - c) the use of a variety of print, audiovisual, and electronic media resources.

Community Health and Wellness

- 3.5 The student will explain that customs and traditions may impact community health decisions. Key concepts/skills include
 - a) dietary customs and practices;
 - b) recreational activities;
 - c) celebrations and traditions.