

Grade Four

Students in grade four learn and apply health skills to the following health areas: disease prevention, nutrition, healthy relationships, use of tobacco, and use/abuse of alcohol. Students begin to recognize the existence of myths related to health information, distinguish fact from fiction, and set simple goals for promoting personal health and preventing disease. Students assume personal responsibility for helping promote health at school and in the community.

Knowledge and Skills

- 4.1 The student will explain how nutrition affects personal health and academic achievement. Key concepts/skills include
 - a) the nutrients needed for proper brain functioning;
 - b) the importance of balance, variety, and moderation in a meal plan;
 - c) the effects of malnutrition;
 - d) the impact of nutrients on growth and development;
 - e) the impact of fats, carbohydrates, and proteins on physical performance.
- 4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include
 - a) development of refusal skills;
 - b) identification and reporting of bullying and aggressive behaviors;
 - c) development of coping skills;
 - d) recognition of harmful or abusive relationships;
 - e) exhibiting self-control.
- 4.3 The student will describe and evaluate the effects of alcohol, inhalants, tobacco, and other drug use on self, family, and community. Key concepts/skills include
 - a) the impact on self, family, and community;
 - b) the short- and long-term consequences of drug use;
 - c) acts of violence and the use of weapons;
 - d) laws related to illegal alcohol and tobacco use.
- 4.4 The student will demonstrate an understanding of health concepts and behaviors that prevent illness and disease. Key concepts/skills include
 - a) the body's defenses;
 - b) the spread of germs (viruses, bacteria, and fungi);
 - c) the difference between communicable and non-communicable diseases;
 - d) the importance of early detection of health problems;
 - e) the role of regular physical activity, good nutrition, and healthy choices.

Information Access and Use

- 4.5 The student will access and use health resources to improve personal and family health. Key concepts/skills include
 - a) the use of health care agencies, printed materials, broadcast media, Internet, and audiovisual materials;
 - b) identification of accurate and inaccurate health information.

Community Health and Wellness

- 4.6 The student will evaluate his/her role in identifying solutions to community health problems. Key concepts/skills include
 - a) personal responsibility for exhibiting healthy practices within the school and community setting;
 - b) the benefits of volunteering.

- 4.7 The student will understand the importance of communicating with family about personal and community health issues. Key concepts/skills include
- a) identification of obstacles to communication and solutions to such obstacles;
 - b) the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations.