

Grade 4

	Lifestyle Goals	Curricular Topics
Content Areas		
Growth and Development	<ul style="list-style-type: none"> • Appreciate the contribution of each of the body systems to the survival of the total system • View growth and development as a lifelong process fostered by responsible behavior 	<ul style="list-style-type: none"> • Interrelationship of Energy, Food, and Sun • Living Things: Links in the Food Chain • Functions of the Body Systems • Parts of a Cell • Energy Production within a Cell • Structure and Function of the Digestive System • Structure and Function of the Immune System • OWL PELLET DISSECTION
Mental Emotional Health	<ul style="list-style-type: none"> • Exhibit a positive self-concept • Express emotions comfortably and appropriately • Weigh potential benefits against possible consequences before choosing one action over another • Communicate and cooperate effectively with others • Develop and maintain interpersonal relationships 	<ul style="list-style-type: none"> • Eating Disorders • Analyzing Feelings about People with HIV/AIDS • Decision Making Steps • Employing Refusal Skills • Doing What's Best for Me • Everyone is Special
Personal Health	<ul style="list-style-type: none"> • Adhere to a lifestyle that promotes personal well-being • Pursue leisure time activities that promote physical fitness and relieve mental and emotional tension • Follow healthcare practices that prevent illness and maintain health 	<ul style="list-style-type: none"> • Recording Personal Diet for Nutrient Analysis • Choosing Foods that Have Positive Influence • Avoiding Risk Behaviors • Consequences of Using Alcohol, Tobacco, and Other Drugs • Choosing Health • Exercising for Health
Family Life and Health	<ul style="list-style-type: none"> • Respect the rights and privileges of every family member • Adjust appropriately to changing physical, mental, and social roles, responsibilities, and privileges as they occur throughout the life cycle • Deal comfortably and appropriately with the demands of gender • Communicate effectively as a member of a family or society • Support the belief that the health of children is an individual, family, and community responsibility 	<ul style="list-style-type: none"> • Involving Family in Decision Making About Health • Sharing Healthy Meal Plans with Family
Nutrition	<ul style="list-style-type: none"> • Eat a daily diet that provides adequate 	<ul style="list-style-type: none"> • Turning Food into Energy

	<p>nutrients for the maintenance of health</p> <ul style="list-style-type: none"> • Select food representative of a wide range of foodstuffs • Balance calorie intake with energy needs • Avoid dependence upon food fads as the sole criterion for diet choices or meal planning 	<ul style="list-style-type: none"> • Exploring the Five Nutrients in Food • Moderating Fat in the Diet • Exploring Food Groups • Using the Food Guide Pyramid • Comparing Nutrients from Multiethnic Menus • Differentiating Between Nutritious and Non-Nutritious Snacks
Disease Prevention and Control	<ul style="list-style-type: none"> • Adhere to a lifestyle that promotes well-being and minimizes exposure to known risk factors • Maintain immunizations of self and family at recommended levels of effectiveness • Seek preventive measures such as examinations at specified intervals 	<ul style="list-style-type: none"> • Understanding HIV Infection • Transmitting HIV • Communicable and Non-Communicable Diseases • Identifying the Body's Natural Defenses • Immunizing Against Diseases • Relationship Between Alcohol and Disease
Safety and First Aid	<ul style="list-style-type: none"> • Take steps to correct hazardous conditions whenever possible • Follow rules and procedures recommended for safe living • Avoid unnecessary risk-taking behavior • Apply correct emergency treatment when appropriate • Follow steps to assure personal safety 	<ul style="list-style-type: none"> • Preventing Choking • Bicycle Safety • In-Line and Skateboard Safety • Passenger Safety • Staying Away from Guns • Fire Safety
Consumer Health	<ul style="list-style-type: none"> • Choose health products and services on the basis of valid criteria • Accept only that health information provided by recognized health authorities • Utilize services of qualified health advisors in the maintenance and promotion of health 	<ul style="list-style-type: none"> • Persuasive Advertising Messages • Being a Critical Consumer • Campaigning Against Smokeless Tobacco • Finding the Truth in Advertising
Substance Use and Abuse	<ul style="list-style-type: none"> • Adhere to medical recommendations in the use of drugs and medications • Refrain from the abuse of potentially harmful drugs • Obey laws and regulations regarding the use of controlled substances 	<ul style="list-style-type: none"> • Choosing or Refusing Alcohol, Tobacco, or Other Drugs • Saying No to Smokeless Tobacco • Effects of Alcohol • Use and Misuse of Drugs
Community and Environmental Health Management	<ul style="list-style-type: none"> • Obey laws and regulations made to protect the health of the community • Contribute to community programs designed to promote community health • Accept responsibility as a citizen in supporting the activities and programs of community health workers • Avoid any personal action that might 	<ul style="list-style-type: none"> • Conserving the Environment

	contribute to the deterioration of the environment	
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