

Helena Public Schools
Grade 4
Classroom Teacher
Health and Wellness

Health Maintenance & Enhancement

- Identify behaviors that if performed regularly, can contribute to a healthy lifestyle
- Understand that healthy children come in many shapes & sizes
- Describe the relationship between food intake and energy
- Identify a trusted adult to notify of hunger in the home
- Identify foods on the food pyramid in relationship to their diet
- Compare and contrast packaged vs. whole foods
- Recognize specific key nutrients-calcium, iron, vitamins
- Recognize the importance of whole grains & fiber in the diet
- Describe the components of a healthy snack
- Understand the importance of breakfast
- Identify proper portion size when choosing foods
- Demonstrate the ability to make decisions regarding food choices based on moderation & variety
- Illustrate proper food safety procedures (e.g., washing hands, not touching other's food, double dipping)
- Continue to encourage identifying hunger cues & fullness cues in determining how much to eat
- Compare & contrast community helpers & agencies who can provide assistance for specific health issues or problems (e.g., firemen, policemen, paramedics, American Heart Association)
- Explain & cite examples where the decision making process may be used (e.g., choosing sports, snacks, friends)
- Identify safety rules & procedures and demonstrate self control
- Demonstrates self-directed behavior without external rewards
- Identify personal stressors in daily living (e.g., large groups, tests, family pressures, too busy, language barriers)
- Demonstrate strategies to deal with these stressors (coping, exercise, time management, decision-making)

Functions & Interrelationships of Systems

- Identify the major components & functions of the nervous system (i.e., brain, spinal cord, nerves)
- Recognize the major muscles of the muscular system (e.g., deltoid, triceps, abdominal, quadriceps)
- Identify the different types of bones (i.e., long, flat, wide, short, & curved & their functions)
- Determine the cause/effect of healthy lifestyle choices as they relate to the three layers of skin (nutrition, hydration, exercise)
- Show the effects of lifestyle choices (e.g., high fat diet, physical activity) on the cardio- respiratory system & relate how the cardio-respiratory system affects quality of life
- Name the major functions of the cardio-respiratory system
- Describe the processes of the digestive system (e.g., how the teeth, tongue, & saliva begin the digestive process) & how they are affected by lifestyle choices (e.g., diet, activity level, dental care)
- Recognize the influence peers have on people (shared interest, goals & values)
- Appreciate that values help people decide how to behave & interact with others
- Identify how family, friends & culture can influence personal health practices & decisions
- Define stereotype the belief that all people of the same gender should behave in the same way
- Acknowledge that boys & girls can have equal talents, characteristics, strengths & hopes for the future
- Relate the effects of human actions towards people with diverse backgrounds & demonstrate ways to effectively communicate with them
- Identify the cause & effect of one's actions on others
- Develop an awareness of feelings & learn to express those feelings in a way that does not hurt property, self, & others.
- Respect the rights & feelings of others
- Accept & expresses feelings in a socially acceptable manner
- Understand to make a good decision one must consider all of the possible consequences
- Understand friends often try to influence each other's decisions
- Understand asking for help from a parent, trusted adult, teacher or counselor is a wise decision
- Understand that individuals are responsible for the consequences of their decisions

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Risk Assessment & Reduction

- Recognize the positive lifestyle behaviors (e.g., sunscreen physical activity, diet, sleep, stress management)
- Explain how healthy behaviors enhance the body's basic lines of defense (e.g., sleep, physical activity, healthy food choices, no indoor tanning)
- Set personal goals that reinforce healthy self-care behaviors (e.g., hand washing, water drinking, sleep, eating healthy foods)
- Assess personal environment & recognize the potential for danger in everyday situations (e.g., not wearing seatbelt, too many plugs in one outlet, telling caller parents are out)
- Classify substances in the home according to proper & improper usage
- Identify actual or potential risk factors & reduction methods within the environment that can affect one's health (e.g., wearing sunscreen, having parent change furnace filter)