

Helena Public Schools
Grade 3
Classroom Teacher
Health and Wellness

Health Maintenance & Enhancement

- Describe how personal health is enhanced by behaviors
- Understand that healthy children come in many shapes & sizes
- Demonstrate ability to select healthy foods
- Identify a trusted adult to notify of hunger in the home
- Recognize the Food Guide Pyramid, and understand the concept of a balanced meal or snack
- Compare and contrast packaged vs. whole foods
- Identifying hunger and fullness cues in determining how much to eat
- Understand the importance of Five a Day for fruits & vegetables and Three a Day for calcium
- Recognize a food label and its components
- Describe the components of a healthy snack
- Understand the importance of breakfast
- Identify proper portion size when choosing foods
- Illustrate proper food safety procedures (e.g., washing hands, not touching other's food, double dipping)
- Identify & encourage feelings of hunger & feeling full & mindful eating (appetite) exercises
- Reviews needs for obeying safety rules at home, school, work or play
- Identify steps of the decision making process
- Identify safety rules & procedures and demonstrate self control
- Demonstrates self directed behavior without external rewards
- Demonstrate positive influences in a person's life (e.g., school community, family)

Functions & Interrelationships of Systems

- Classify the five sense organs & their parts (e.g., iris, ear canal, olfactory bulb, taste buds, nasal cavity) & explain how the five senses are used in personal & social environment (e.g., gathering information, making observations, drawing conclusions)
- Describe the functions of the skeletal system (e.g., protects body parts, supports the framework, works with muscles)
- Identify the three layers of skin
- Recognize the functions of the respiratory system (e.g., exchange of carbon dioxide & oxygen)
- Identify the path of the digestive system
- Recognize the influence peers have on people (shared interest, goals & values)
- Explore how values help people decide how to behave & interact with others
- Understand that people are capable of giving and receiving love
- Identify the cause & effect of one's actions on others
- Evaluate the importance of effective listening skills in building & maintaining relationships
- Identify a variety of feelings & situations that may require adult assistance
- Respect the rights & feelings of others
- Understand children need help from adults to make some decisions
- Understand individuals are responsible for the consequences of their decisions
- 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
- Recognize that some values are universal others differ among individuals, families, communities, religions & cultures

Risk Assessment & Reduction

- Identify the effects of positive lifestyle behaviors (e.g., sunscreen)
- Recognize the positive lifestyle behaviors (e.g., sunscreen physical activity, diet, sleep, stress management)
- Set personal goals that reinforce healthy self-care behaviors (e.g., hand washing, water drinking, sleep, eating healthy foods)
- Define pathogen & identify three major types (e.g., bacteria, virus, fungi)
- Construct a plan of what to do when home alone (e.g., emergency phone list, not answering door, not using stove)
- Recognizes emergency or non- emergency situation & how to respond
- Recognize different types of pollution & how they affect one's health (noise, water, air, land)
- Describe what an individual can do to help preserve the environment & promote environmental health (e.g., reduce, reuse, recycle)
- Recognize that there are laws & regulations designed to promote & protect community & environmental health (e.g., littering, illegal dumping, noise ordinances)