

**HEALTH
GRADE 4
CURRICULUM MAP**

1st Nine Weeks	2nd Nine Weeks
<p>7. Knows how to maintain and promote personal health.</p> <ul style="list-style-type: none">• Sets a personal health goal and makes progress toward its achievement.• Knows that making health-related decisions and setting goals sometimes requires asking for assistance.• Knows the basic structure and functions of the human body systems (e.g., how they are interrelated; how they function to fight disease).	<p>2. Knows environmental and external factors that affect individual and community health.</p> <ul style="list-style-type: none">• Knows how the physical environment can impact personal health (e.g., the effects of exposure to pollutants).• Knows how individuals, communities, and states cooperate to control environmental problems and maintain a healthy environment.• Knows how personal health can be influenced by society (e.g., culture) and science (e.g., technology).

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3rd Nine Weeks	4th Nine Weeks
<p>6. Understands essential concepts about nutrition and diet.</p> <ul style="list-style-type: none"> • Knows the nutritional value of different foods. • Knows healthy eating practices (e.g., eating a nutritious breakfast, eating a variety of foods, eating nutritious meals and snacks at regular intervals to satisfy individual energy and growth needs). • Knows factors that influence food choices (e.g., activity level, peers, culture, religion, advertising, time, age, health, money/economics, convenience, environment, status, personal experience). • Knows how food-preparation methods and food-handling practices affect the safety and nutrient quality of foods. 	<p>4. Know how to maintain mental and emotional health.</p> <ul style="list-style-type: none"> • Understands how one responds to the behavior of others and how one’s behavior may evoke responses to others. • Knows strategies for resisting negative peer pressure. • Knows how attentive listening skills can be used to build and maintain healthy relationships.