



District Curriculum Maps

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Health - Grade 3

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Me and My Family

- ✘ DESCRIBE EACH STAGE OF THE HUMAN LIFE CYCLE
- ✘ COMPARE THE FOUR STAGES OF THE HUMAN LIFE CYCLE
- ✘ DESCRIBE HOW GROWTH OCCURS
- ✓ Compare kinds of cells and how they are designed to do special jobs
- ✓ Describe one kind of growth in addition to physical growth and the changes that occur as a result

Staying Fit and Healthy

- ✘ EXPLAIN HOW PLAQUE CAN LEAD TO CAVITIES AND LOSS OF TEETH
- ✘ DESCRIBE HOW TO BRUSH AND FLOSS CORRECTLY
- ✘ EXPLAIN HOW TO PROTECT TEETH FROM INJURY
- ✘ EXPLAIN HOW THE PARTS OF THE EAR FUNCTION
- ✘ DESCRIBE HOW TO TAKE GOOD CARE OF THE EARS AND THE NOSE

Content Standards

- Topic, theme, or concept
 - ✓ BENCHMARK SKILL-A GRADE OR COURSE LEVEL EXPECTATION THAT ALIGNS WITH THE DISTRICT-WIDE ASSESSMENTS
 - ✓ Critical Skill-A skill on which a teacher spends a significant amount of time but may not be covered on a district-wide assessment.



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Food for Health

- ✘ EXPLAIN WHY EATING HEALTHFUL FOODS IS IMPORTANT TO GOOD HEALTH
- ✘ DESCRIBE WHERE FOOD COMES FROM
- ✘ EXPLAIN HOW TO USE THE FOOD GUIDE PYRAMID TO PLAN A HEALTHFUL DIET
- ✘ DESCRIBE HOW PEOPLE GET THE WATER THEY NEED TO STAY HEALTHY
- ✘ IDENTIFY STEPS FOR MAKING DECISIONS
- ✘ USE THE DECISION-MAKING STEPS TO MAKE HEALTHFUL SNACK CHOICES

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Medicines and Other Drugs

- ✔ EXPLAIN WHAT DRUGS ARE
- ✔ DISTINGUISH BETWEEN DRUGS THAT HELP THE BODY AND DRUGS THAT HARM THE BODY
- ✔ DIFFERENTIATE BETWEEN OTC MEDICINES AND PRESCRIPTION MEDICINES
- ✔ DESCRIBE WAYS MEDICINES CAN HELP PEOPLE AND HOW MEDICINES ARE TAKEN OR APPLIED
- ✔ UNDERSTAND THAT MEDICINES CAN BE HELPFUL ONLY IF THEY ARE USED CORRECTLY
- ✔ LIST THE RULES FOR USING MEDICINES SAFELY
- ✔ EXPLAIN WHAT CAFFEINE IS AND WHAT IT DOES TO THE BODY
- ✔ SUGGEST WAYS TO AVOID FOODS AND DRINKS WITH CAFFEINE
- ✔ DESCRIBE HOW TO AVOID BREATHING INHALANTS
- ✔ List the dangerous physical effects of using inhalants, marijuana, or cocaine, and tell why these drugs should be avoided

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Effects of Alcohol and Tobacco

- ✘ IDENTIFY PRODUCTS THAT CONTAIN TOBACCO OR ALCOHOL
- ✘ DESCRIBE THE HAZARDS OF ENVIRONMENTAL TOBACCO SMOKE
- ✓ Describe the harmful effects of nicotine and alcohol on the body
- ✓ Identify the effects of tobacco on specific human body parts
- ✓ Describe some effects of alcohol on specific body organs and on behavior
- ✓ Identify safety risks associated with alcohol use
- ✓ Describe some laws regarding the sale, use, and packaging of alcohol and tobacco products
- ✓ Explain reasons for refusing tobacco and alcohol
- ✓ Demonstrate ways to refuse tobacco and alcohol

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Keeping Safe

- ✘ RECOGNIZE THAT THERE ARE PEOPLE WHO ARE RESPONSIBLE FOR KEEPING CHILDREN SAFE
- ✘ PRACTICE SAFETY RULES ON THE WAY TO AND FROM SCHOOL AND AT SCHOOL
- ✘ DESCRIBE HOW TO STAY SAFE AROUND STRANGERS
- ✘ EXPLAIN HOW TO AVOID CONFLICTS AND GET ALONG WITH BULLIES
- ✘ MAKE A HOME FIRE ESCAPE PLAN
- ✘ DESCRIBE HOW TO SAFELY ESCAPE A HOME FIRE
- ✘ LIST SAFETY RULES FOR USING ELECTRICITY AND HOUSEHOLD PRODUCTS
- ✘ EXPLAIN HOW TO GET EMERGENCY ASSISTANCE WHEN SOMEONE HAS BEEN INJURED OR ACCIDENTALLY POISONED
- ✘ DESCRIBE FIRST AID FOR CUTS, SCRAPES, INSECT BITES, AND STINGS

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