



District Curriculum Maps

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Health - Grade 4

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Living and Growing

- ✔✔ EXPLAIN HOW INHERITED TRAITS AND ACQUIRED TRAITS BOTH CONTRIBUTE TO MAKING AN INDIVIDUAL UNIQUE
- ✔✔ DESCRIBE THE PARTS OF A CELL AND HOW CELLS ARE ORGANIZED
- ✔✔ DESCRIBE GROWTH DURING THE EARLY AND LATE STAGES OF CHILDHOOD
- ✔✔ EXPLAIN HOW THE BRAIN CONTROLS THE BODY
- ✔✔ DESCRIBE HOW THE BRAIN AND THE CENTRAL NERVOUS SYSTEM RESPOND TO THE BODY'S NEEDS

Staying Fit and Healthy

- ✔✔ DESCRIBE THE STRUCTURE AND FUNCTION OF SKIN
- ✔✔ EXPLAIN HOW TO TAKE CARE OF SKIN
- ✔✔ EXPLAIN WHY USING SUNSCREEN IS IMPORTANT

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

- ✓ Identify the six major nutrients, their sources, and their functions in the body
- ✓ Describe how the body digests and uses food
- ✓ Explain how fiber is important to health
- ✓ Identify the food groups and explain why they are important
- ✓ Explain what a balanced diet is and why it is important
- ✓ Use the Food Guide Pyramid and the steps for making decisions to identify and choose healthful snack foods
- ✓ Identify the steps for decision making
- ✓ Use the decision-making steps to make healthful food choices
- ✓ Identify the types of information found on food labels
- ✓ Explain how food labels can be used to compare the nutritional value of foods
- ✓ Describe or demonstrate ways to handle and prepare foods safely
- ✓ Explain how a person can tell if a food is spoiled

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Guarding Against Disease

- ✘ COMPARE AND CONTRAST INFECTIOUS AND NONINFECTIOUS DISEASES
- ✘ DIFFERENTIATE BETWEEN CHRONIC AND ACUTE DISEASES
- ✘ GIVE TWO EXAMPLES OF BOTH CHRONIC AND ACUTE DISEASES
- ✘ EXPLAIN WHAT A DISABILITY IS
- ✘ DISTINGUISH BETWEEN DISEASES CAUSED BY VIRUSES AND BACTERIA
- ✘ EXPLAIN HOW DISEASES CAN SPREAD
- ✘ EXPLAIN HOW FOOD AND WATER SPREAD PATHOGENS
- ✘ LIST SOME OF THE BODY'S DEFENSES AGAINST DISEASE
- ✘ EXPLAIN THE FUNCTION OF ANTIBODIES
- ✘ DISCUSS HOW VACCINES HELP THE BODY FIGHT CERTAIN DISEASES
- ✘ DISTINGUISH BETWEEN NONINFECTIOUS AND INFECTIOUS DISEASES
- ✘ DISCUSS HEART DISEASES AND CANCER
- ✘ EXPLAIN HOW SKIN CANCER CAN BE PREVENTED
- ✘ DIFFERENTIATE AMONG ALLERGIES, ARTHRITIS, DIABETES, AND ASTHMA

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Medicine and Other Drugs

- ✔ RECOGNIZE THAT SOME COMMON SUBSTANCES, SUCH AS CAFFEINE AND OTC MEDICINES, CAN BE ADDICTIVE
- ✔ DESCRIBE THE HARMFUL EFFECTS OF CAFFEINE AND INHALANTS
- ✔ RECOGNIZE THE DANGEROUS EFFECTS OF MARIJUANA AND COCAINE
- ✔ RECOGNIZE THAT COCAINE USE CAN LEAD TO INSTANT ADDICTION

Effects of Tobacco and Alcohol

- ✔ Describe tobacco products and the harm they cause to the body
- ✔ Explain why some young people begin smoking and why stopping is difficult
- ✔ Describe alcohol and the harm it causes to body systems and behavior
- ✔ Identify some effects of problem drinking

Keeping Safe

- ✔ RECOGNIZE AN EMERGENCY SITUATION AND KNOW HOW TO RESPOND
- ✔ DESCRIBE HOW TO PREVENT HOME INJURIES FROM ELECTRICITY, FALLS, FIRE, AND POISON
- ✔ PRACTICE FIRST AID FOR MINOR INJURIES
- ✔ EXPLAIN HOW TO PREVENT INJURIES AND PRACTICE SAFETY WHEN BICYCLING, SKATING, SKATEBOARDING, AND RIDING IN A MOTOR VEHICLE

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