



District Curriculum Maps

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Health - Grade 5

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Growth and Development

- ✔ IDENTIFY THE KINDS OF CHANGES THAT FAMILIES EXPERIENCE
- ✔ DESCRIBE HOW CHILDREN'S RESPONSIBILITIES CHANGE AS THEY MATURE
- ✔ IDENTIFY THE STAGES OF GROWTH AND DEVELOPMENT
- ✔ DESCRIBE SOME OF THE CHANGES A PERSON EXPERIENCES AT EACH STAGE
- ✔ IDENTIFY THE SIGNIFICANCE OF REACHING PUBERTY
- ✔ DESCRIBE FACTORS THAT AFFECT GROWTH
- ✔ DESCRIBE THE FUNCTIONS OF THE MAJOR GLANDS OF THE ENDOCRINE SYSTEM
- ✔ DESCRIBE THE ROLE OF THE ENDOCRINE SYSTEM IN THE GROWTH PROCESS
- ✔ DESCRIBE HOW THE GROWTH SPURT EXPERIENCED DURING PUBERTY AFFECTS YOUR INTERESTS AND YOUR ABILITY TO SOLVE PROBLEMS
- ✔ DESCRIBE THE FEELINGS AND PROBLEMS THAT ARE COMMON DURING ADOLESCENCE AND WAYS TO HANDLE THESE NEW FEELINGS

Content Standards

- Topic, theme, or concept
 - ✓ BENCHMARK SKILL-A GRADE OR COURSE LEVEL EXPECTATION THAT ALIGNS WITH THE DISTRICT-WIDE ASSESSMENTS
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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 THE IMPORTANCE OF EACH FOOD GROUP
- ✔ EXPLAIN HOW FIBER IS IMPORTANT TO HEALTH
- ✔ 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
- ✔ DESCRIBE WAYS TO HANDLE AND PREPARE FOODS SAFELY
- ✔ EXPLAIN HOW A PERSON CAN TELL IF A FOOD IS SPOILED

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Learning about Disease

- ✔ DISTINGUISH AMONG DISEASES CAUSED BY DIFFERENT PATHOGENS
- ✔ EXPLAIN HOW PATHOGENS ARE TRANSMITTED AND HOW THEY ENTER THE BODY
- ✔ EXPLAIN HOW HIV IS TRANSMITTED AND HOW IT AFFECTS THE BODY
- ✔ NAME THE BODY'S DEFENSES AGAINST PATHOGENS
- ✔ EXPLAIN THE RELATIONSHIP BETWEEN A PATHOGEN AND AN ANTIBODY
- ✔ EXPLAIN HOW THE BODY DEVELOPS IMMUNITY TO A DISEASE
- ✔ DISTINGUISH BETWEEN CHRONIC AND ACUTE DISEASES
- ✔ RECOGNIZE THE RELATIONSHIP BETWEEN LIFESTYLE CHOICES AND THE RISK OF DEVELOPING SOME CHRONIC DISEASES

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Medicines and Other Drugs

- ✔ EXPLAIN THAT MEDICINES ARE DRUGS THAT CAUSE HELPFUL CHANGES IN THE BODY WHEN USED CORRECTLY
- ✔ DIFFERENTIATE BETWEEN OTC AND PRESCRIPTION MEDICINES
- ✔ EXPLAIN HOW THE USE OF ILLEGAL DRUGS CAN HARM THE BODY
- ✔ DESCRIBE CRACK AND COCAINE AND THEIR EFFECTS ON THE BODY
- ✔ DESCRIBE MARIJUANA, INHALANTS, AND STEROIDS AND THE EFFECTS THEY HAVE ON THE BODY
- ✔ DESCRIBE THE NEGATIVE CONSEQUENCES OF DRUG ABUSE
- ✔ EXPLAIN HOW DRUG ABUSE CAN INTERFERE WITH ACTIVITIES AND GOALS
- ✔ SUGGEST WAYS TO SAY NO TO DRUG ABUSE
- ✔ IDENTIFY REFUSAL SKILLS
- ✔ USE REFUSAL SKILLS TO STAY DRUG FREE

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Effects of Tobacco and Alcohol

- ✔ NAME THREE HARMFUL SUBSTANCES IN TOBACCO SMOKE
- ✔ DESCRIBE THE EFFECTS OF TOBACCO USE ON PARTS OF THE BODY
- ✔ IDENTIFY REASONS PEOPLE USE TOBACCO
- ✔ EXPLAIN WHAT BLOOD ALCOHOL LEVEL IS AND WHAT IT MEASURES
- ✔ DESCRIBE THE WAYS IN WHICH ALCOHOL AFFECTS A PERSON'S HEALTH, ABILITIES, AND FUNCTIONING
- ✔ EXPLAIN WHAT AN ALCOHOLIC IS AND WHO MIGHT BECOME ONE
- ✔ LIST REASONS FOR CHOOSING NOT TO USE ALCOHOL
- ✔ DEVELOP STRATEGIES FOR DEALING WITH PEER PRESSURE
- ✔ ANALYZE ADVERTISEMENTS FOR ALCOHOL AND TOBACCO PRODUCTS
- ✔ IDENTIFY WAYS OF REFUSING
- ✔ USE REFUSAL SKILLS TO SAY NO TO ALCOHOL AND TOBACCO PRODUCTS
- ✔ LIST WARNING SIGNS OF A PROBLEM WITH ALCOHOL
- ✔ EXPLAIN WHY PEOPLE WHO ARE ADDICTED TO ALCOHOL OR TOBACCO NEED HELP TO STOP USING THESE DRUGS
- ✔ IDENTIFY SOURCES OF SUPPORT AVAILABLE TO PEOPLE WHO WANT TO STOP USING ALCOHOL OR TOBACCO

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Keeping Safe

- ✔ PRACTICE SAFETY AT PLAY AND IN MOTOR VEHICLES
- ✔ ANALYZE SAFETY EQUIPMENT
- ✔ EXPLAIN FIRST-AID TREATMENT FOR COMMON INJURIES
- ✔ COMPARE ROAD RULES FOR SAFE BICYCLING AND SAFE DRIVING
- ✔ PRACTICE SAFE BICYCLING
- ✔ IDENTIFY TRAFFIC SIGNS AND SIGNALS
- ✔ EXPLAIN HOW TO PREVENT HOME FIRES
- ✔ RECOGNIZE FIRE HAZARDS IN THE HOME
- ✔ DESCRIBE HOW TO SURVIVE A HOME FIRE
- ✔ RECOGNIZE SITUATIONS THAT CAN LEAD TO VIOLENCE
- ✔ DESCRIBE HOW TO RESPOND TO THREATENING SITUATIONS
- ✔ PRACTICE WAYS TO AVOID VIOLENCE

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