

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Fourth Grade
 Section/Heading: 4A.2

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for safety strategies.

Performance Indicators		
<p>1. Recognize fire safety practices for the home.</p> <ul style="list-style-type: none"> a. Design an evacuation plan. b. Teach others smoke and fire safety procedures. <p>Know appropriate safety and rescue measures if lost.</p>		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Fourth Grade
 Section/Heading: 4B.1

Strand: Substance Abuse and Use

Diocesan Standard Terra Nova Objective	Benchmark Statement
Substance Abuse and Use	Understand aspects of substance abuse and use.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify feeling, their causes and acceptable ways of expressing them. 2. Identify factors influencing decision-making (parents, values, peers, society). 3. Use appropriate communication skills with adults and peers. <ol style="list-style-type: none"> a. Identify the functions of the heart, lungs, brain and the digestive system. b. Describe the effects of drugs on major body organs. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Fourth Grade
 Section/Heading: 4C.1

Strand: Consumer Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Consumer Health	Know the availability and effective use of health services, products and information.

Performance Indicators		
<ol style="list-style-type: none"> 1. Recognize when to seek medical attention and preventive health care and the consequences to oneself and society of not receiving adequate health care. 2. Determine how to identify qualified health personnel. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Fourth Grade
 Section/Heading: 4D.1

Strand: Health and Disease Prevention

Diocesan Standard Terra Nova Objective	Benchmark Statement
Health and Disease Prevention	Know how to maintain and promote personal health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify the four leading causes of death from disease in the general population and classify as infection, communicable and/or chronic. 2. List ways chronic diseases limit the ability of the body to function and what can be done to prevent and/or control them personally. 3. Describe how the body build immunity and identify conditions which cause the loss of immunity (congenital conditions, medications, other disease, HIV infection/AIDS, cancer, leukemia). 4. Identify and describe the various ways diseases are transmitted (air borne, water borne, direct and indirect contact with body fluid of infected individual). 5. Define terms such as infectious, bacteria, viruses, parasites chronic, communicable and acute. 		
Suggested Activities	Assessment	Resources

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 Grade Range: Fourth Grade
 Section/Heading: 4E.1

Strand: Environment and Community

Diocesan Standard Terra Nova Objective	Benchmark Statement
Environment and Community	Understand environmental and external factors that affect individual and community health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify health issues that are related to the areas of ecology, pollution, environment and sanitation. 2. Describe ways in which people change the environment and what individuals can do to protect it. 3. Determine the unhealthy effects of environmental pollution. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Fourth Grade
 Section/Heading: 4F.1

Strand: Mental Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Mental Health	Know how to maintain mental and emotional health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify and state the basic human needs and the mental problems that may result if they are not satisfied (food, water, shelter, clothing, belonging, acceptance, love). 2. Explain the need for acceptance of oneself and others and how that acceptance will promote a healthy lifestyle. 3. Identify time management strategies for a balanced healthy life. 		
Suggested Activities	Assessment	Resources

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 Section/Heading: 4G.1

Strand: Nutrition

Diocesan Standard Terra Nova Objective	Benchmark Statement
Nutrition	Understand essential concepts about nutrition and diet.

Performance Indicators	
<ol style="list-style-type: none"> 1. Identify and demonstrate a practical system of selecting nutritional foods that will promote health and proper weight control. 2. Analyze the difference between reliable and unreliable information relating to the advertisement of foods. 	

Suggested Activities	Assessment	Resources