

Also covered in Grade	<b>Nutrition</b>	Also covered in Grade	<b>Growth and Development</b>	Also covered in Grade	<b>Disease Prevention and Control</b>
3	1. Explore ways that nutrients affect growth/development including muscles, bones, teeth, brain		1. Specify major factors influencing growth during the life cycle	3	1. Learn how healthy body systems fight diseases
3	2. Investigate sanitary and safe methods of preparing and storing food		2. Explore the five ways we grow	3	2. Learn additional ways to reduce spread of communicable diseases
3	3. Identify common nutrients found among foods in each group on the food pyramid	K,3	3. Learn about care of the five sensory organs	3	3. Distinguish between contagious disease and a disability that does not put others at risk
3	4. Learn that food labels tell the nutrients in food		4. Discuss how worry and fear affect growth and development		
3	5. Develop food pyramid				
	<b>Safety and First Aid</b>				<b>Health Issues and Dangerous Substances</b>
3	1. Identify potential hazards in various environments			1	1. Identify healthy and harmful effects of drugs
K,1,3	2. Learn ways to seek assistance in dangerous situations			1	2. List reasons it is harmful to smoke cigarettes
K,1,3	3. Explore ways to reduce stress and temper outbursts and maintain calm			1	3. Recognize how alcohol, tobacco and other harmful drugs can affect goals and family life
K,1,3	4. Describe safe practices at home and in school				4. Learn importance of taking medicine as directed
K	5. Discuss safety in water; safety with animals				