

Also covered in Grade	Nutrition	Also covered in Grade	Growth and Development	Also covered in Grade	Disease Prevention and Control
	1. Explore how dietary needs vary with age and activity level	6	1. Investigate the relationship of self-care practices to learning	6	1. Identify agencies that promote health for the individual, family and community
	2. Investigate how food preparation can improve nutrition	6	2. Explore how self-care practices change as a child grows and develops	6	2. Discuss causes of progression of communicable disease
6	3. Investigate what types of diseases result from lack of nutrients	6	3. Investigate the effect of rest, food choices, exercise, sleep, and recreation on growth and development	6	3. Discuss hygiene practices when in a crowd
3	4. Keep a food diary; Analyze for healthy choices		4. Learn the components of fitness	6	4. Investigate how certain diseases affect cells of body
	5. Apply social justice themes to food/nutrition issues		5. Identify roles and responsibilities of family members	6	5. Discuss Universal Precautions
	6. Examine influence of economic, social, and cultural factors on healthy food choices <i>GCS Grade 5</i>	6	6. Discuss changes between infancy and adolescence <i>GCS Grade 3</i>	6	6. Discuss agents of disease and body defenses
	7. Review food groups <i>GCS Grade 5</i>	5,6	7. Relationship of personal health practices to personal well being <i>GCS Grade 3</i>	6	7. Explore relationship between stress and disease
	8. Review how body transforms food into fuel <i>GCS Grade 5</i>	6	8. Learn simple ways to relieve stress <i>GCS Grade 3</i>	6	8. Discuss how antibodies and vaccines assist nature
	9. Compare assorted foods for various nutrient levels <i>GCS Grade 5</i>		9. Identify and locate community resources to help maintain personal health <i>GCS Grade 3</i>	6	9. Identify treatments for chronic diseases, allergies, epilepsy, asthma <i>GCS Grade 3</i>
		6	10. Learn relationship of cells to tissues, organs, and systems <i>GCS Grade 5</i>	6	10. Learn ways to support those with chronic diseases or disabilities <i>GCS Grade 3</i>
					11. Investigate process by which communicable diseases spread from one geographical region to another <i>GCS Grade 5</i>
	<b>Safety and First Aid</b>			6	12. Investigate how individual communities and governments cooperate to control environmental problems <i>GCS Grade 5</i>
	1. Understand how rules, actions, attitudes, can relate to avoiding injuries				13. Review personal actions for reducing likelihood of contracting disease <i>GCS Grade 5</i>
6	2. Learn the characteristics of a responsible person			6	
3,5,6	3. Demonstrate ways to make healthy choices using problem solving model				
5,6	4. Identify positive intervention strategies for preventing violence			5,6	<b>Health Issues and Dangerous Substances</b>
	5. Learn basic 1st Aid responses to injuries <i>GCS Grade 3</i>				1. Develop decision making process for recognizing valid and invalid data about alcohol, tobacco and other drugs
	6. Develop relationship between rules, attitudes, and self-discipline and injury prevention <i>GCS Grade 5</i>			6	2. Know how to find community resources that provide valid information on alcohol, tobacco and other drugs
				5	3. Role play saying NO
				6	4. Identify personal long and short term goals
				6	5. Explore long and short term consequences of drugs to body, emotions, and intellectual abilities
				6	6. Identify illegal drugs and why they are harmful <i>GCS Grade 3</i>
				6	and improper/harmful use of drugs <i>GCS Grade 3</i>
				6	7. Identify information sources that influence use of alcohol, tobacco, and other drugs <i>GCS Grade 3</i>
				6	8. Identify effects of alcohol, tobacco, and other drugs on the body <i>GCS Grade 3</i>
				6	9. Identify reasons why people might use harmful drugs; Critique the reasoning <i>GCS Grade 3</i>
				6	10. Explore the relationship between drug abuse and crime <i>GCS Grade 5</i>