

Health  
Grade 5  
Assurances

1. The student will be able to examine and analyze food labels and menus for nutritional content; apply information from the food guide pyramid to making healthy food choices.
2. The student will be able to describe the structure, functions, and interdependence of major body systems; and identify and describe changes in male and female anatomy that occur during puberty.
3. The student will be able to describe methods of accessing health information; and demonstrate ways to communicate health information such as posters, videos, and brochures.
4. The student will be able to explain how to maintain the healthy status of body systems such as avoiding smoking to protect the lungs; relate the importance of immunizations in disease prevention; distinguish between myth and fact related to disease and disease prevention.
5. The student will be able to comprehend behaviors that reduce health risks through the life span including drug abuse, violence, and unsafe behaviors.
6. The student will be able to understand how relationships influence individual and family health including the skills necessary for building and maintaining relationships.
7. The student will be able to comprehend ways in which media and technology influence individual and community health.
8. The student will be able to identify how various factors influence individual, family, and community health throughout the life span.
9. The student will be able to demonstrate critical-thinking, decision-making, goal-setting, and problem-solving skills for making healthy decisions.