

HEALTH 'N ME! Grade Five

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<p>Introductory Unit <u>Lesson 1: Staying Well</u> <u>Working Together to Gather Nuggets of Knowledge</u></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>
<p><u>Lesson 2: Positive Relationships With Family and Friends</u></p>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>
<p><u>Lesson 3: Stages of Life</u></p>	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p>		<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

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<u>Lesson 3 (Cont.)</u>			Present oral information in a clear and organized manner. 4:1:b
<u>Lesson 4: Feelings</u>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>
<u>Lesson 5: Assets: Building Blocks of the Future</u>	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p>		<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Examine oral / visual information for usefulness. 3:3:a</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual</p>
<u>Lesson 6: Decision Making</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

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<p><u>Lesson 7:</u> <u>Understanding Bullies</u></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>
<p>Unit 1 <u>Lesson 1: Environment:</u> <u>Requirements for Life</u></p>	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p>	<p>Describe how scientific investigations create new knowledge. 1:1:a</p> <p>Engage in various systematic scientific investigations. 1:2:a</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Use various questioning approaches to clarify oral / visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<p><u>Lesson 2: Pollution in the Environment</u></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Describe ways technology influences personal health decisions and practices. 2:1:c</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<p><u>Lesson 3: Radon: The Basics</u></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p>	<p>Describe how scientific investigations create new knowledge. 1:1:a</p>	<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p>

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Lesson 3: (Cont.)	Describe how social, emotional, and physical health are interrelated. 1:2:b	Engage in various systematic scientific investigations. 1:2:a Demonstrate safety when engaged in scientific activity. 1:2:c	Write to interpret and use new or unfamiliar information. 2:4:b Use various questioning approaches to clarify oral / visual information. 3:3:b Present oral information in a clear and organized manner. 4:1:b

Unit 2 <u>Lesson 1: Stress and Relief</u>	Understand the importance and effect of good personal hygiene. 1:1:b Describe how social, emotional, and physical health are interrelated. 1:2:b Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b Determine personal health progress and make adjustments for improvement. 3:2:c Explore how personal choices can affect one's health. 3:3:a		Write to explain prior knowledge about various topics. 2:4:a Describe the basic and / or hidden meaning of various oral and visual messages, e.g., Present oral information in a clear and organized manner. 4:1:b
<u>Lesson 2: Safety Rules</u>	Understand the importance and effect of good personal hygiene. 1:1:b Describe ways to avoid or reduce common childhood health problems. 1:2:c Determine how to choose and access health products and services at the local and state levels. 2:2:c Describe how social pressure can influence risk-taking behaviors. 3:1:b Describe the characteristics of good personal health. 3:2:a		Write to explain prior knowledge about various topics. 2:4:a Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Use various questioning approaches to clarify oral / visual information. 3:3:b Use appropriate conventions of language in personal communication. 4:2:c

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<u>Lesson 2: (Cont.)</u>	Explore how personal choices can affect one's health. 3:3:a Determine the role of personal responsibility in health-related decision making. 3:3:b		Use various resources to increase the effect of oral presentations, e.g., visual
<u>Lesson 3: The Body: How its Systems Work Together</u>	Describe the basic structures and functions of the human body systems. 1:2:a Describe the characteristics of good personal health. 3:2:a Explore how personal choices can affect one's health. 3:3:a		Write to explain prior knowledge about various topics. 2:4:a Write to interpret and use new or unfamiliar information. 2:4:b Present oral information in a clear and organized manner. 4:1:b
Unit 3			
<u>Lesson 1: Respiratory System: Introduction</u>	Describe the basic structure and functions of the human body systems. 1:2:a Describe how social, emotional, and physical health are interrelated. 1:2:b Examine ways medical research has improved the prevention and control of health problems. 1:3:a		Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
<u>Lesson 2: Respiratory System: Structure</u>	Describe the basic structures and functions of the human body systems. 1:2:a Describe how social, emotional, and physical health are interrelated. 1:2:b Examine ways medical research has improved the prevention and control of health problems. 1:3:a	Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c Identify relationships between structures and functions within an organism. 3:1:a	Examine oral / visual information for usefulness. 3:3:a Use various questioning approaches to clarify oral / visual information. 3:3:b Present oral information in a clear and organized manner. 4:1:b Consider purpose of an oral presentation when deciding appropriate language. 4:2:b
<u>Lesson 3: Lung Dissection</u>	Understand the importance and effect of good personal hygiene. 1:1:b	Engage in various systematic scientific investigations. 1:2:a	Use various questioning approaches to clarify oral / visual information. 3:3:b

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<u>Lesson 3: (Cont.)</u>	Describe ways to avoid or reduce common childhood health problems. 1:2:c	Explain the reasons for and expectations of scientific investigations. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c Identify relationships between structures and functions within an organism. 3:1:a	

Unit 4 <u>Lesson 1: Overview:</u> <u>Drugs and the</u>	Understand the importance and effect of good personal hygiene. 1:1:b Describe the basic structure and functions of the human body systems. 1:2:a Describe how social, emotional, and physical health are interrelated. 1:2:b		Write to interpret and use new or unfamiliar information. 2:4:b Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Present oral information in a clear and organized manner. 4:1:b Consider purpose of an oral presentation when deciding appropriate language. 4:2:b Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c
<u>Lesson 2: Tobacco</u> <u>Products: Smoked</u>	Understand the importance and effect of good personal hygiene. 1:1:b Describe ways to avoid or reduce common childhood health problems. 1:2:c Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b	Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c	Write to interpret and use new or unfamiliar information. 2:4:b Examine oral / visual information for usefulness. 3:3:a Present oral information in a clear and organized manner. 4:1:b Consider purpose of an oral presentation when deciding appropriate language. 4:2:b

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<u>Lesson 2: (Cont.)</u>	<p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>4-3-3 Apply refusal and negotiation skills to avoid potentially harmful situations</p>		<p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
<u>Lesson 3: Tobacco Products: Smokeless</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		<p>Determine the usefulness of specific factual and technical materials. 1:4:b</p> <p>Gather and sort specific information / sources to make informed decisions. 1:4:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>
<u>Lesson 4: Inhalants and Crack Cocaine</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 5: Marijuana</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		<p>Determine ways to organize oral / visual information for later recall. 3:3:c</p> <p>Present oral information in a clear and organized manner. 4:1:c</p>

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<u>Lesson 6: Respiratory Disease</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Identify significant community health issues. 5:1:a</p>	<p>Engage in various systematic scientific investigations. 1:2:a</p> <p>Explain the reasons for and expectations of scientific investigations. 1:2:b</p>	<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Use examples from selected print and electronic media to support personal interpretations. 2:4:c</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 7: HIV/AIDS</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
Unit 5 <u>Lesson 1: My changing Body</u>	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

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<u>Lesson 2: Advertising</u>	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe ways technology influences personal health decisions and practices. 2:1:c</p>		<p>Determine the usefulness of specific factual and technical materials. 1:4:b</p> <p>Gather and sort specific information / sources to make informed decisions. 1:4:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 3: Learning to Resist Peer Pressure</u>	<p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		<p>Use prior knowledge to interpret unfamiliar information / materials / text. 1:1:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 4: Practicing Refusal Skills</u>	<p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Use various questioning approaches to clarify oral / visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

		Consider purpose of an oral presentation when deciding appropriate language. 4:2:b
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<u>Lesson 4: (Cont.)</u>			Use appropriate conventions of language in personal communication. 4:2:c
<u>Lesson 5: Snacks From the Five Main Food</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	Demonstrate safety when engaged in scientific activity. 1:2:c	<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Describe the basic and / or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Use various questioning approaches to clarify oral / visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 6: Sharing Our Knowledge and Attitudes</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structures and functions of the human body systems. 1:2:a</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

Explore how personal choices can affect one's health. 3:3:a

Develop effective interpersonal communication skills. 4:1:c