

## HEALTH 'N ME! Grade Four

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<b>Introductory Unit</b> <b>Lesson 1: Being Well Is Important</b>	<p>Understand the importance and effects 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>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>
<b>Lesson 2:</b> <b>Different Kinds of Control</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</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>
<b>Lesson 3: Self-Control Through Learning to Listen</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <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>Explain ways to achieve and maintain good health. 3:2:b</p> <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>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:b</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>

	Explain various communication techniques used when interacting with family, peers, and community. 4:1:b		
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LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<b>Lesson 3 (Cont.)</b>	Describe behaviors which create bridges and barriers to effective communication. 4:2:b		
<b>Lesson 4: Responsibility to Others</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1: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> <p>Describe behaviors which create bridges and</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</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.,</p>
<b>Lesson 5: Accepting Others</b>	<p>Understand the importance and effects 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> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</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>Use various questioning approaches to clarify oral/visual information. 3:3:b</p>

<b>Lesson 6: Friends: What To Look For</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe how social, emotional, and physical health are interrelated. 1:2:b		Write to interpret and use new or unfamiliar information. 2:4:b  Use appropriate conventions of language in personal communication. 4:2:c
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LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<b>Lesson 6 (Cont.)</b>	Describe the characteristics of good personal health. 3:2:a  Explore how personal choices can affect one's health. 3:3:a  Develop effective interpersonal communication skills. 4:1:c  Describe behaviors which create bridges and barriers to effective communication. 4:2:b		
<b>Lesson 7: Understanding Our Feelings</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe how social, emotional, and physical health are interrelated. 1:2:b  Describe examples of risky and harmful behavior. 3:1:a  Explain ways to achieve and maintain good health. 3:2:b  Determine personal health progress and make adjustments for improvement. 3:2:c  Describe behaviors which create bridges and barriers to effective communication. 4:2:b		Consider purpose of an oral presentation when deciding appropriate language. 4:2:b  Use appropriate conventions of language in personal communication. 4:2:c

<b>Unit 1 Lesson 1: The Source of Energy</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe the basic structure and functions of the human body. 1:2:a	Engage in various systematic scientific investigations. 1:2:a  Explain the reasons for and expectations of scientific investigations. 1:2:b	Write to interpret and use new or unfamiliar information. 2:4:b
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		Demonstrate safety when engaged in scientific activity. 1:2:c	
<b>Lesson 2: The Cell</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe the basic structure and functions of the human body. 1:2:a	Engage in various systematic scientific investigations. 1:2:a  Explain the reasons for and expectations of scientific investigations. 1:2:b	Write to interpret and use new or unfamiliar information. 2:4:b  Use various questioning approaches to clarify oral/visual information. 3:3:b

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 2 (Cont.)</b>		Describe observable and measurable properties used to classify matter. 2:1:a	
<b>Lesson 3: Building the Food Pyramid</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe the characteristics of good personal health. 3:2:a  Determine personal health progress and make adjustments for improvement. 3:2:c  Explore how personal choices can affect one's health. 3:3:a		Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a  Write to explain prior knowledge about various topics. 2:4:a  Present oral information in a clear and organized manner. 4:1:b
<b>Lesson 4: Where Digestions Starts</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe the basic structure and functions of the human body. 1:2:a  Describe health practices related to the prevention of disease. 1:3:c  Describe examples of risky and harmful behavior. 3:1:a  Describe the characteristics of good personal health. 3:2:a  Explore how personal choices can affect one's health. 3:3:a	Engage in various systematic scientific investigations. 1:2:a  Explain processes that can cause change in matter. 2:2:a	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

<b>Unit 2</b>			
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<b>Lesson 1: Our Blook</b>	Describe the basic structure and functions of the human body. 1:2: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  Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
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<b>Lesson 2: The Skeletal System</b>	Describe the basic structure and functions of the human body. 1:2:a  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  Identify relationships between structures and functions within an organism. 3:1:a	Write to explain prior knowledge about various topics. 2:4: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
<b>Lesson 3: The Lungs</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe the basic structure and functions of the human body 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  Use various questioning approaches to clarify oral/visual information. 3:3:b

<b>Unit 3 Lesson 1: Digestion Overview</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe the basic structure and functions of the human body. 1:2:a	Describe how scientific investigations create new knowledge. 1:1:a  Explain processes that can cause change in matter. 2:2:a  Describe the effects of chemical changes on common materials. 2:2:c	Gather and sort specific information/sources to make informed decisions. 1:4: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  Use various questioning approaches to clarify oral/visual information. 3:3:b
<b>Lesson 2: The Digestive Tract</b>	Understand the importance and effects of good personal hygiene. 1:1:b	Describe the effect of physical changes on common materials. 2:2:b	Write to interpret and use new or unfamiliar information. 2:4:b

	Describe the basic structure and functions of the human body. 1:2:a	Describe the effects of chemical changes on common materials. 2:2:c	Examine oral/visual information for usefulness. 3:3:a
<b>Lesson 3: The Five Nutrients</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe the basic structure and functions of the human body. 1:2:a  Describe how social, emotional, and physical health are interrelated. 1:2:b		Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c  Gather and sort specific information/sources to make informed decisions. 1:4:c  Write to explain prior knowledge about various topics. 2:4:a

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 3 (Cont.)</b>	Describe the characteristics of good personal health. 3:2:a  Explore how personal choices can affect one's health. 3:3:a		Present oral information in a clear and organized manner. 4:1:b
<b>Lesson 4: Reading the Food Label</b>	Understand the importance and effects of good personal hygiene. 1:1:b  Describe how social, emotional, and physical health are interrelated. 1:2:b  Describe the role and organization of various community, state, and regional health agencies/services. 2:2:a  Determine how to chose and access health products and services at the local and state level. 2:2:c  Describe the characteristics of good personal health. 3:2:c  Determine personal health progress and make adjustments for improvement. 3:2:c  Explore how personal choices can affect one's health. 3:3:a		Gather and sort specific information/sources to make informed decisions. 1:4:c  Write to interpret and use new or unfamiliar information. 2:4:b  Present oral information in a clear and organized manner. 4:1:b

<b>Unit 4 Lesson 1: What Is A Drug?</b>	Understand the importance and effects of good personal hygiene. 1:1:b		Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c
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	<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>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>
<b>Lesson 2: Using Chemicals the Wrong Way</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 2 (Cont.)</b>	<p>Examine ways medical research has improved the prevention and control of health problems. 1:3: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>Explore how personal choices can affect one's health. 3:3: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>Present oral information in a clear and organized manner. 4:1:b</p>
<b>Lesson 3: The Effects of Drug Use on the Body</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, an physical health are interrelated. 1:2:b</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3: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>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>

	<p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p>		
<b>Lesson 4: Saying "No"</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2: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>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 4 (Cont.)</b>	<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>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		<p>Use appropriate conventions of language in personal communication. 4:2:c</p>
<b>Lesson 5: Chemical Dependency and Forms of Drug Use</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</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>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p>

	<p>Determine how to choose and access health products and services at the local and state level. 2:2:c</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p>		
<b>Lesson 6: Fighting Germs</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</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>Determine the usefulness of specific factual and technical materials. 1:4:b</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p>

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 7: HIV/AIDS</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body. 1:2:a</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>Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,</p>

<b>Unit 5 Lesson 1: Personal Safety</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</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>
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	<p>Determine how to choose and access health products and services at the local and state level. 2:2:c</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> <p>Describe how social pressure can influence risk-taking behavior. 3:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Describe practices which promote lifelong health and well being. 3:1:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		
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LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<b>Lesson 1 (Cont.)</b>	Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
<b>Lesson 2: Avoiding Danger</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Examine the media's impact on personal health decisions and practices. 2:1:b</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>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> <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>

	Explore how personal choices can affect one's health. 3:3:a		
<b>Lesson 3: Safety While Home Alone</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Determine how to choose and access health products and services at the local and state level. 2:2:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1: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>	<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>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>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>

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 4: My Changing Body</b>	<p>Describe the basic structure and functions of the human body. 1:2:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2: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>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.,</p>
<b>Lesson 5: Sharing Our Knowledge</b>	<p>Understand the importance and effects of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body. 1:2:a</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>

Explain ways to achieve and maintain good health. 3:2:b

Describe behaviors which support others in making healthy choices. 5:3:a

Explore ways to advocate good health in families, schools, and communities. 5:3:b

Present oral information in a clear and organized manner. 4:1:b