

## Michigan Model For Comprehensive School Health Education - Grade Three

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<p><b>Phase I Healthy Friendships</b></p> <p><b>Lesson 1. Health Is Wealth</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>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>Use appropriate conventions of language in personal communication. 4:2:c</p>
<p><b>Lesson 2. Healthy Influence</b></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 healthy ways to express needs, wants, and feelings. 4:2:a</p>		
<p><b>Lesson 3. Making Friends</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>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.</p>		

<b>Lesson 4. Keeping Friends</b>	Understand the importance and effect of good personal hygiene. 1:1:b	Write to explain prior knowledge about various topics. 2:4:a
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<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 4 (Cont.)</b>	<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>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		
<b>Lesson 5. Asking for Help</b>	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</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> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<b>Lesson 6. Name That Feeling!</b>	<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 the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:2:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2: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>
<b>Lesson 7. Deciding What to Say</b>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</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>

	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a		
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<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 7 (Cont.)</b>	Describe healthy ways to express needs, wants, and feelings. 4:2:a		
<b>Lesson 8. All About Anger</b>	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c  Describe examples of risky and harmful behavior. 3:1:a		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
<b>Lesson 9. Solving Problems and Making Decisions</b>	Explore and problem-solve ways to properly express feelings. 1:1:a  Describe how social, emotional, and physical health are interrelated. 1:2:b  Explore how personal choices can affect one's health. 3:3:a  Describe healthy ways to express needs, wants, and feelings. 4:2:a  Describe appropriate conflict resolution strategies. 4:3:b  Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		Determine ways to organize oral /visual information for later recall. 3:3:c
<b>Lesson 10. Practice Solving Problems</b>	Explore and problem-solve ways to properly express feelings. 1:1:a  Describe how social, emotional, and physical health are interrelated. 1:2:b  Explore how personal choices can affect one's health. 3:3:a  Describe healthy ways to express needs, wants, and feelings. 4:2:a		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a  Determine ways to organize oral /visual information for later recall. 3:3:c

	Describe appropriate conflict resolution strategies. 4:3:b		
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<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 10 (Cont.)</b>	Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
<b>Lesson 11. Negotiate and Compromise</b>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <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>		Present oral information in a clear and organized manner. 4:1:b
<b>Lesson 12. There's No one Quite Like Me or You</b>	<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 examples of risky and harmful behavior. 3:1:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p>		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
<b>Phase II <u>A</u> Perfect Balance Lesson 1. Characteristics of Life</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

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 2. Overview of Six Body Systems</b>	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/materials/ text. 1:1:c  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., advertisements, electronic media. 3:2:a
<b>Lesson 3. Functions of Six Body Systems</b>	Describe the basic structure and functions of the human body systems. 1:2: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., advertisements, electronic media. 3:2:a
<b>Lesson 4. The Circulatory System</b>	Describe the basic structure and functions of the human body systems. 1:2:a		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
<b>Lesson 5. The Digestive System</b>	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/materials/ text. 1:1:c
<b>Lesson 6. The Respiratory System</b>	Describe the basic structure and functions of the human body systems. 1:2: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	
<b>Lesson 7. The Nervous System</b>	Describe the basic structure and functions of the human body systems. 1:2:a	Engage in various systematic scientific investigations. 1:2:a	Use prior knowledge to interpret unfamiliar information/materials/ text. 1:1:c

		Explain the reasons for and expectations of scientific investigations. 1:2: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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LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<b>Lesson 7 (Cont.)</b>		Demonstrate safety when engaged in scientific activity. 1:2:c	
<b>Lesson 8. Body Systems Review</b>	Describe the basic structure and functions of the human body systems. 1:2: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
<b>Lesson 9. Body Systems Presentations</b>	Describe the basic structure and functions of the human body systems. 1:2: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
<b>Enhancer 9 Body Systems Collages</b>	Describe the basic structure and functions of the human body systems. 1:2: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  Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c
<b><u>Phase III The Amazing Balance</u> Lesson 1. Overview of the Skeletal and Muscular Systems</b>	Describe the basic structure and functions of the human body systems. 1:2:a		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a

	Describe practices which promote lifelong health and well-being. 3:1:c	
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<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 2. The Skeletal System</b>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</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>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>
<b>Lesson 3. The Joints of the Skeletal System</b>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</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>Describe simple energy transfers and transformation. 2:4:b</p> <p>Identify relationships between structures and functions within an organism. 3:1: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 4. The Muscular System</b>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p>	<p>Engage in various systematic scientific investigations. 1:2:a</p>	<p>Use prior knowledge to interpret unfamiliar information/materials/ text. 1:1:c</p>

	Describe the characteristics of good personal health. 3:2:a  Explain ways to achieve and maintain good health. 3:2:b	Explain the reasons for and expectations of scientific investigations. 1:2:b  Demonstrate safety when engaged in scientific activity. 1:2:c	Determine the usefulness of specific factual and technical materials. 1:4:b
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<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 4 (Cont.)</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	Identify fundamental forces and their forms. 2:3:a  Investigate relationships between forces and motion. 2:3:b  Identify relationships between structures and functions within an organism. 3:1:a	
<b>Lesson 5. Names of Muscles</b>	Describe the basic structure and functions of the human body systems. 1:2:a  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 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.,
<b>Lesson 6. Muscles Need Exercise</b>	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  Examine ways medical research has improved the prevention and control of health problems. 1:3:a		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a

	Explore how culture influences personal health behaviors. 2:1:a		
<b>Lesson 7. Developing a Plan for Exercise</b>	Explore and problem-solve ways to properly express feelings. 1:1:a		Determine ways to organize oral /visual information for later recall. 3:3:c

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 7 (Cont.)</b>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <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>		
<b>Lesson 8. Discovering Through</b>	<p>Explore how culture influences personal health behaviors. 2:1: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>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>Demonstrate safety when engaged in scientific activity. 1:2: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>
<b>Lesson 9. Body Systems Review</b>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</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>Phase IV <u>Moving Out of Balance</u> Lesson 1. Maintaining Body Balance</b>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p>		
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<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 1 (Cont.)</b>	<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>		
<b>Lesson 2. Communicable and Non-communicable Diseases</b>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1: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>
<b>Lesson 3. Understanding Others Who Are Differently-abled</b>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</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 the characteristics of good personal health. 1:2: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>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>		
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<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<p><b>Lesson 4. Unsafe Behavior, Environmental Hazards, and Injuries</b></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>Examine ways medical research has improved the prevention and control of health problems. 1:3: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>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p>
<p><b>Lesson 5. Staying Safe</b></p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p>		<p>Determine ways to organize oral /visual information for later recall. 3:3:c</p>

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

Describe healthy ways to express needs, wants, and feelings. 4:2:a

Describe appropriate conflict resolution strategies. 4:3:b

Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<p><b>Lesson 6. Biking Safely</b></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</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>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 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>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
<p><b>Lesson 7. Safety Around Dangerous Objects</b></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p>

	Describe how social, emotional, and physical health are interrelated. 1:2: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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LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<b>Lesson 7 (Cont.)</b>	<p>Examine ways medical research has improved the prevention and control of health problems. 1:3: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>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>		
<b>Lesson 8. The Assertive "No"</b>	<p>Understand the importance and effect 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>Determine how to choose and access health products and services at the local and state levels. 2:2: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>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>

	Describe healthy ways to express needs, wants, and feelings. 4:2:a		
<b>Lesson 9. Consequences of Behaving Unsafely</b>	Examine ways medical research has improved the prevention and control of health problems. 1:3:a		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 9 (Cont.)</b>	<p>Determine how to choose and access health products and services at the local and state levels. 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 examples of risky and harmful behavior. 3:1:a</p>		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
<b>Phase V Keeping In Balance</b>  <b>Lesson 1. Defining Drugs, medicines, and Non-Medicinal Drugs</b>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</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>Explain ways to achieve and maintain good health. 3:2:b</p>		Use prior knowledge to interpret unfamiliar information/materials/ text. 1:1: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		
<b>Lesson 2. The Effects of Drugs on the Body</b>	Understand the importance and effect of good personal hygiene. 1:1:b		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 2 (Cont.)</b>	Describe the basic structure and functions of the human body systems. 1:2:a  Determine the role and organization of various community, state, and regional health agencies/services. 2:2:a  Describe how social pressure can influence risk-taking behaviors. 3:1:b  Describe the characteristics of good personal health. 3:2:a  Explore how personal choices can affect one's health. 3:3:a		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
<b>Lesson 3. Nicotine and Tobacco</b>	Understand the importance and effect of good personal hygiene. 1:1:b  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		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a
<b>Lesson 4. No Nicotine for Me</b>	Explore and problem-solve ways to properly express feelings. 1:1:a		Determine ways to organize oral /visual information for later recall. 3:3:c

Describe how social, emotional, and physical health are interrelated. 1:2:b		
Explore how personal choices can affect one's health. 3:3:a		
Describe healthy ways to express needs, wants, and feelings. 4:2:a		
Describe appropriate conflict resolution strategies. 4:3:b		

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 4 (Cont.)</b>	Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
<b>Lesson 5. Alcohol</b>	Understand the importance and effect of good personal hygiene. 1:1:b  Describe examples of risky and harmful behavior. 3:1:a  Describe practices which promote lifelong health and well-being. 3:1:c  Describe the characteristics of good personal health. 3:2:a  Explain ways to achieve and maintain good health. 3:2:b  Explore how personal choices can affect one's health. 3:3:a  Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c		Write to interpret and use new or unfamiliar information. 2:4:b
<b>Lesson 6. Alcoholism and Children of Alcoholics</b>	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c  Describe how social, emotional, and physical health are interrelated. 1:2:b		Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a

	<p>Describe the situations when professional services are needed for personal health. 2:3:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p>		
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<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 7 Influences and Supporters</b>	<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 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>
<b>Lesson 8. Becoming an Informed Consumer</b>	<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>Use prior knowledge to interpret unfamiliar information/materials/ text. 1:1:c</p> <p>Determine mental and physical barriers to effective listening and viewing, e.g.,</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>Describe ways to assess the validity and accuracy of oral and visual information. 3:2:b</p>

			Describe how presentation design can alter the effect of oral/visual information, e.g., layout, color, sequence. 3:2:c
<p><b><u>Phase VI Staying In Balance</u></b></p> <p><b>Lesson 1. Choosing Healthy Habits</b></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 examples of risky and harmful behavior. 3:1:a</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:2</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,</p>

LESSONS	HEALTH BENCHMARKS	SCIENCE BENCHMARKS	LANGUAGE ARTS BENCHMARKS
<b>Lesson 1 (Cont.)</b>	<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>		
<b>Lesson 2. Six Classes of Nutrients</b>	<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>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>
<b>Enhancer 2. Classifying Foods by Nutrients and Food Groups</b>	<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>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>
<b>Lesson 3. Testing for Nutrients</b>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

	Describe practices which promote lifelong health and well-being. 3:1:c		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>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. 3:2:1  Explore how personal choices can affect one's health. 3:3:a		
<b>Lesson 4. Food and Dental Health</b>	Understand the importance and effect of good personal hygiene. 1:1:b  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  Describe the characteristics of good personal health. 3:2:a  Explore how personal choices can affect one's health. 3:3:a	Describe the effects of chemical changes on common materials. 2:2:c	Write to interpret and use new or unfamiliar information. 2:4:b
<b>Lesson 5. Planning a Nutritious Meal</b>	Explore and problem-solve ways to properly express feelings. 1:1:a  Describe how social, emotional, and physical health are interrelated. 1:2:b  Explore how personal choices can affect one's health. 3:3:a  Describe healthy ways to express needs, wants, and feelings. 3:3:a  Describe appropriate conflict resolution strategies. 4:3:b		Write to interpret and use new or unfamiliar information. 2:4:b
<b>Lesson 6. Healthy Dental Habits</b>	Understand the importance and effect of good personal hygiene. 1:1:b	Engage in various systematic scientific investigations. 1:2:a	Determine the usefulness of specific factual and technical materials. 1:4:b

	Describe examples of risky and harmful behavior. 3:1:a	Explain the reasons for and expectations of scientific investigations. 1:2:b	Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b
	Describe the characteristics of good personal health. 3:2:a	Demonstrate safety when engaged in scientific activity. 1:3:b	

<b>LESSONS</b>	<b>HEALTH BENCHMARKS</b>	<b>SCIENCE BENCHMARKS</b>	<b>LANGUAGE ARTS BENCHMARKS</b>
<b>Lesson 6 (Cont.)</b>	Explore how personal choices can affect one's health. 3:3:a		
<b>Lesson 7. Planning to Be Healthy</b>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 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>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>