

Michigan Model For Comprehensive School Health Education - Grade Four

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>Phase I Growing Into Responsibilities</p> <p>Lesson 1. Control - It Comes in Different Forms!</p>	<p>Understand the importance and effect 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 interpret and use new or unfamiliar information. 2:4:b</p>
<p>Lesson 2. Self-Control and Responsibilities - They're Related !</p>	<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>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>Explain various communication techniques used when interacting with family, peer, and community. 4:1:b</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

Lesson 3. Listening Is a Big Responsibility	Understand the importance and effect of good personal hygiene. 1:1:b	Write to interpret and use new or unfamiliar information. 2:4:b
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Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3 (Cont.)	<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>Explain various communication techniques used when interacting with family, peer, and community. 4:1:b</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		
Lesson 4. Family Members Are People, Too	<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, peer, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p>		<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, 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> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
Lesson 5. Standing Up for What is Right	Understand the importance and effect of good personal hygiene. 1:1:b		Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,

	Describe health practices related to the prevention of disease. 1:3:c Describe how social pressure can influence risk-taking behaviors. 3:1:b		
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Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	Describe the characteristics of good personal health. 3:2:a Explore how personal choices can affect one's health. 3:3:a Describe behaviors which create bridges and barriers to effective communication. 4:2:b Describe appropriate conflict resolution strategies. 4:3:b		
Lesson 6. A Different Way to Learn	Understand the importance and effect of good personal hygiene. 1:1: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 Describe behaviors which support others in making healthy choices. 5:3:a		Write to interpret and use new or unfamiliar information. 2:4:b
Lesson 7. Friends Are Important, Too	Understand the importance and effect 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

	<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>		
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Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 7 (Cont.)	Describe behaviors which create bridges and barriers to effective communication. 4:2:b		
Lesson 8. Understanding Our Feelings	<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>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>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c
Lesson 9. The Art of Conversation	<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>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		Write to interpret and use new or unfamiliar information. 2:4:b

Lesson 10. When Cooperation Get Tough - Avoid the Heat	<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>Describe examples of risky and harmful behavior. 3:1: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> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
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Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 10 (Cont.)	<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>		
Lesson 11. When Cooperation Gets Tough - What to Do	<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>Describe examples of risky and harmful behavior. 3:1: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>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Use various questioning approaches to clarify oral/visual information. 3:2:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
Lesson 12. The Five Steps to Solving Problems and Making Decisions	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p>		<p>Use various questioning approaches to clarify oral/visual information. 3:2: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 healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</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 various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
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Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 12 (Cont.)	Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
Lesson 13. Practice, Practice, Practice	<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>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Determine the role of personal responsibility in health-related decision</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>Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,</p> <p>Determine ways to organize oral/ visual information for later recall. 3:3:c</p>
Phase II Staying Lesson 1. Unintentional Injuries	<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>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Write to interpret and use new or unfamiliar information. 2:4: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 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>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>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
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Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	<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>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>		
Lesson 2. Avoiding Danger	<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>Use appropriate writing style based on the established writing purpose and intended</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>		
Lesson 3. Safety on Wheels	<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>Use appropriate writing style based on the established writing purpose and intended</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>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3 (Cont.)	<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>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
Lesson 4. Standing Up for Safety	<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>Use various questioning approaches to clarify oral/visual information. 3:3:b</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 various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>

	Describe appropriate conflict resolution strategies. 4:3:b Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
Lesson 5. Vehicular Safety	Understand the importance and effect of good personal hygiene. 1:1:b Examine ways medical research has improved the prevention and control of health problems. 1:3:a Describe examples of risky and harmful behavior. 3:1:a Describe the characteristics of good personal health. 3:2: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	

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	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		
Lesson 6. Personal Safety	Explore ways to contact or obtain health services. 2:3:b Describe examples of risky and harmful behavior. 3:1: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		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., advertisement, electronic media. 3:2:a

	Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
Lesson 7. Safety While Home Alone	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how to choose and access health products and services at the local and state levels. 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>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 8. Practicing Home Alone Safety Rules	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Determine how to choose and access health products and services at the local and state levels. 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>Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

Lesson 9. Burn Prevention	<p>Compare health care requirements and policies which affect safety and well-being. 1:3: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 the importance of following prescribed/ recommended treatment. 2:3:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Use various questioning approaches to clarify oral/visual information. 3:3:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
Lesson 10. Safety Summary	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p>		
Phase III Healthy, Drug-Free Living Lesson 1. Why People Use Drugs	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p>		<p>Use prior knowledge to interpret unfamiliar information/materials /text. 1:1:c</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	<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 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>
Enhancer 1. Chemical Dependency - Impact on Family and Society	<p>Understand the importance and effect 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 the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, electronic media. 3:2:a</p>

	<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>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p>		
Lesson 2. Using Chemicals the Wrong Way	<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>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>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., advertisement, electronic media. 3:2:a</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3. Drug dangers	<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 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 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> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</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>		
Lesson 4. Saying "No!"	<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>Determine the role and organization of various community, state, and regional</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>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> <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>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
Lesson 5. I Can Say "No " to Drugs - "Yes" to Health	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p>		<p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Determine the role and organization of various community, state, and regional health agencies/services. 2:2:a</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Describe examples of risky and harmful behavior. 3:1:b</p>		<p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>

	Describe healthy ways to express needs, wants, and feelings. 4:2:a Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
Lesson 6. Being a Part of Positive Peer Pressure	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
Lesson 7. Advertising and Drugs	Describe examples of risky and harmful behavior. 3:1:a Describe how social pressure can influence risk-taking behaviors. 3:1: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., advertisement, electronic media. 3:2:a

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 7 (Cont.)			Present oral information in a clear and organized manner. 4:1:b
<u>Phase IV The Food -Health Connection</u> Lesson 1. Building the Pyramid	Understand the importance and effect of good personal hygiene. 1:1:b Describe how social, emotional, and physical health are interrelated. 1:2:b	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 Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, electronic media. 3:2:a

	<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>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	
Lesson 2. What's in a Serving?	<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>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>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> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>
Lesson 3. Avoiding the "Fat" Condition	<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>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>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3 (Cont.)	<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.,</p>
Lesson 4. Food Safety	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p>	<p>Engage in various systematic scientific investigations. 1:2:a</p>	<p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

	<p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe ways technology influences personal health decisions and practices. 2:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</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>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, electronic media. 3:2:a</p>
Lesson 5. Taking care of my Teeth	<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 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>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>
Lesson 6. Where Digestion Starts	<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 examples of risky and harmful behavior. 3:1:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p>		<p>Determine the usefulness of specific factual and technical materials. 1:4:b</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 6 (Cont.)	Determine the role of personal responsibility in health-related decision making. 3:3:b		
Lesson 7. Digestion Overview	<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>Determine the usefulness of specific factual and technical materials. 1:4:b</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>

			Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, electronic media. 3:2:a
Lesson 8. Digestive Tract	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	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 Describe the effects of physical changes on common materials. 2:2:b Describe the effects of chemical changes on common materials. 2:2:c	Determine the usefulness of specific factual and technical materials. 1:4:b Write to interpret and use new or unfamiliar information. 2:4:b
Lesson 9. Glands of the Digestive System	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		Determine the usefulness of specific factual and technical materials. 1:4:b Write to interpret and use new or unfamiliar information. 2:4:b
Lesson 10. First Aid for Choking	Describe ways to avoid or reduce common childhood health problems. 1:2:c Examine ways medical research has improved the prevention and control of health problems. 1:3:a Explain the importance of following prescribed/ recommended treatment. 2:3:c	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	Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, electronic media. 3:2:a

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 10 (Cont.)	Determine the role of personal responsibility in health-related decision making. 3:3:b Explain how medical advances affect personal and family health. 5:1:c		

Phase V A Closer Look Inside			
Lesson 1. Cells	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	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 Describe observable and measurable properties used to classify matter. 2:1: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., advertisement, electronic media. 3:2:a
Lesson 2. Cells: Functions and Varieties	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	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 Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, electronic media. 3:2:a
Lesson 3. Egg Dissection	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		Determine the usefulness of specific factual and technical materials. 1:4:b Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, electronic media. 3:2:a
Lesson 4. Blood	Describe the basic structure and functions of the human body systems. 1:2:a		Determine the usefulness of specific factual and technical materials. 1:4:b Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisement, electronic media. 3:2:a

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5. Fighting Germs	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c		Write to interpret and use new or unfamiliar information. 2:4:b

	<p>Describe the basic structure 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>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Explain how medical advances affect personal and family health. 5:1:c</p>		
Phase VI Wellness Throughout the Year			
Lesson 1. Exercise and Rest	<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>Explore how culture influences personal health behaviors. 2:1:a</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>		Write to interpret and use new or unfamiliar information. 2:4:b
Lesson 2. Seasonal Health Habits	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Explore how culture influences personal health behaviors. 2:1: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>
Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 2 (Cont.)	Describe practices which promote lifelong health and well-being. 3:1:c		Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c

	Describe the characteristics of good personal health. 3:2:a Explore how personal choices can affect one's health. 3:3:a		
Lesson 3. Environment and Health	Recognize how different plans address various community health issues. 5:2:a Identify resources needed to implement community health plans. 5:2:b Predict the possible impact of various health plans/strategies on family and community. 5:2:c Describe behaviors which support others in making healthy choices. 5:3:a Explore ways to advocate good health in families, school, and communities. 5:3:b	Identify relationships and interactions of living things. 3:3:b Identify how environmental factors affect all living things within ecosystems. 3:3: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., advertisement, electronic media. 3:2:a
Lesson 4. Helpers for the Environment	Recognize how different plans address various community health issues. 5:2:a Identify resources needed to implement community health plans. 5:2:b Predict the possible impact of various health plans/strategies on family and community. 5:2:c Describe behaviors which support others in making healthy choices. 5:3:a Explore ways to advocate good health in families, school, and communities. 5:3:b	Identify relationships and interactions of living things. 3:3:b Identify how environmental factors affect all living things within ecosystems. 3:3:c	Use appropriate writing style based on the established writing purpose and intended audience. 2:2: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., advertisement, electronic media. 3:2: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

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)			Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c

<p>Lesson 5. Negotiating an Environmental Health Project</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>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>		
<p>Lesson 6. Community Support</p>	<p>Determine the role and organization of various community, state, and regional health agencies/services. 2:2: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 situations when professional services are needed for personal health. 2:3:a</p> <p>Identify significant community health issues. 5:1:a</p> <p>Recognize how different plans address various community health issues. 5:2:a</p> <p>Identify resources needed to implement community health plans. 5:2:b</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</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> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
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Lesson 7. Influencing Others to Be Healthy	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 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, school, and communities. 5:3: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 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
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