

National Health Education Standards (NHES)

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family and community health.

Turtle Tykes

Life Skills: 1,4,5,7

- Feeling good about oneself
- Making decisions
- Using speaking and listening skills
- Working together
- Calming oneself when angry or upset

Conflict Resolution: 1,4,7

- Exploring feelings
- Using words to communicate feelings
- Taking turns
- Sharing
- Cooperating and working together

Safety: 1,4,7

- Importance of safety rules
- Safety rules for school
- Street safety
- Fire safety
- Stranger safety

Nutrition: 1,7

- Identifying foods
- Eating variety
- Exploring foods from different cultures
- Preparing foods
- Healthy snacks

Fitness: 1,7

- Movement
- Exercise
- Balance, coordination and rhythm
- Creative movement
- Stretching

Wellness: 1,3,7,8

- Healthy habits
- Germs
- Doctor visits
- Cigarettes
- Avoiding second-hand smoke

**GRADE K
UNIT 1 - LIFE SKILLS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - recognize and describe his/her own unique characteristics and those of his/her peers - recognize that his/her strengths may differ from those of his/her peers 	None	<i>I Like Me</i> by Nancy Carlson
Lesson 2	<ul style="list-style-type: none"> - practice speaking clearly and directly - recognize nonverbal forms of communication 	Communication	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - identify what a choice/decision is - practice making simple choices/decisions - recognize the choices/decisions that require the help of an adult 	Choice Decision	None
Lesson 4	<ul style="list-style-type: none"> - discuss what is a goal - describe how it feels to reach a goal - set and work toward simple goals 	Goal	None



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**GRADE K
UNIT 2-CONFLICT RESOLUTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - use emotion words to describe his/her feelings - recognize a range of emotions - practice expressing those emotions through facial expressions and body language 	Emotion	<i>Today I Feel Silly</i> by Jamie Lee Curtis
Lesson 2	<ul style="list-style-type: none"> - explain what it means to cooperate - describe how it feels to cooperate with his/her friends - demonstrate teamwork and cooperation 	Cooperation Team	None
Lesson 3	<ul style="list-style-type: none"> - recognize characteristics of a friend - propose solutions to given conflicts - illustrate fair, non-violent resolutions to personal conflict 	Conflict	<i>Friends</i> by Elaine Scott
Lesson 4	<ul style="list-style-type: none"> - describe characteristics that make his/her family unique and special - identify members of his/her family - recognize how families are similar and different 	Family Unique	<i>The Family Book</i> by Todd Parr



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**GRADE K
UNIT 3 - NUTRITION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - classify foods as being healthy or unhealthy - discuss why certain foods are healthy - identify healthy foods 	Healthy Pyramid Nutrition	<i>The Very Hungry Caterpillar</i> by Eric Carle HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - distinguish between GO, GROW and SLOW foods - recognize the benefits of healthy eating, including how it provides energy and helps him/her grow - identify food groups and begin to classify foods using the USDA Food Guide Pyramid 	Food Guide Pyramid Energy	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - compare and contrast food preferences - sort healthy food choices into color categories - recognize that eating a variety of color helps him/her to eat a variety of healthy foods 	Similar Different Variety	<i>Eating the Alphabet</i> by Lois Ehlert
Lesson 4	<ul style="list-style-type: none"> - recognize the importance of eating breakfast and its relationship to good health - identify healthy breakfast foods - describe the steps involved in preparing a breakfast food 	Balance Fuel	<i>Pancakes! Pancakes!</i> by Eric Carle or <i>Pancakes for Breakfast</i> by Tomie DePaolo



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**GRADE K
UNIT 4 - SUBSTANCE ABUSE
PREVENTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - locate and identify the major parts of the body (external and internal) - describe what each body part does - explain ways to keep the body healthy 	Healthy Substance Abuse	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> discuss how medicines should never be taken unless given by a physician or a trusted adult - recognize medicine and where it may be found - identify a trusted adult 	Medicine Prescription Physician	None
Lesson 3	<ul style="list-style-type: none"> - identify some poisonous household substances - identify items that are safe and unsafe to touch, taste or smell - demonstrate the procedure for calling 9-1-1 in emergency situations 	Poison Emergency	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - explain how the lungs work - describe clean air and dirty air - identify ways to keep his/her lungs healthy 	Second-hand smoke Inhale Exhale	HLC Big Book



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**GRADE K
UNIT 5 - SAFETY**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - identify rules for school and home - explain why it is important to follow rules - describe and illustrate basic safety rules for the classroom or playground 	Safe Danger Rules	<i>The Cat in the Hat</i> by Dr. Seuss
Lesson 2	<ul style="list-style-type: none"> - demonstrate asking an adult for help crossing the street - demonstrate basic safety rules for crossing the street - identify appropriate places to cross the street 	Traffic	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - identify safety practices to follow at home - identify potential safety hazards at home - explain the dangerous consequences of home hazards 	Danger Hazard Safe Unsafe	None
Lesson 4	<ul style="list-style-type: none"> - demonstrate the STOP, DROP and ROLL procedure - identify how to get help in the case of a fire emergency - demonstrate fire safety rules to given scenarios 	Emergency	<i>Clifford the Firehouse Dog</i> by Norman Bridwell HLC Big Book



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**GRADE K
UNIT 6 - FITNESS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	- identify major body parts and their location - define the function of major body parts	None	HLC Big Book
Lesson 2	- explain when to warm-up and to stretch - explain why warming-up and stretching are important - demonstrate a warm-up and stretching activity	Warm-up Stretching Exercise	None
Lesson 3	- identify the location and describe the size and functions of the heart - describe the effect of physical activity on the heart - name and demonstrate different types of physical activities	Physical activity	None
Lesson 4	- identify and describe how different things, events or people make him/her feel stressed - describe how being relaxed or stressed makes him/her feel - practice methods to help them remain calm in stressful situations	Stress Relax	None



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**GRADE 1
UNIT 1 - LIFE SKILLS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - identify and describe his/her unique characteristics - articulate a characteristic that contributes to his/her positive self-image - recognize what it means to have a positive self-image 	Self-esteem Self-image	<i>I'm Gonna Like Me: Letting Off a Little Self-Esteem</i> by Jamie Lee Curtis HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - discuss the two components of good communication - practice good communication skills - identify the characteristics of a good communicator 	Communication Communicator	None
Lesson 3	<ul style="list-style-type: none"> - recognize the four steps in making a decision - identify decisions he/she makes every day - differentiate between good and poor decisions 	Decision Consequence	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - recognize what is a goal - practice setting goals - describe how it feels to reach a goal 	Goal	HLC Big Book



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GRADE 1
UNIT 2- CONFLICT RESOLUTION

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - recognize a range of emotions and use emotion words to describe his/her feelings - practice expressing those emotions through facial expressions and body language - develop respect for the feelings of others 	Emotion	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - identify how his/her name is unique and special - recognize similarities and differences between classmates - design a placemat that illustrates his/her name 	Unique Similar Different	<i>Chrysanthemm</i> by Kevin Henkes
Lesson 3	<ul style="list-style-type: none"> - infer how certain words or actions make people feel - recognize that other people have feelings similar to his/her own - identify ways to treat others kindly 	Respect	<i>But Names Will Never Hurt Me</i> by Bernard Waber
Lesson 4	<ul style="list-style-type: none"> - describe activities that they share with a grandparent or older adult - give examples of ways to show their grandparents or other older adults how much they care about them - recognize the important role that grandparents or older adults play in a family 	None	<i>Chicken Sunday</i> by Patricia Polacco



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**GRADE 1
UNIT 3 - NUTRITION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - classify selected foods using the USDA Food Guide Pyramid and GO and GROW food groups - identify GO and GROW foods in his/her own diet - compare and contrast his/her daily diet to a healthy diet 	Food Guide Pyramid Nutrient Nutrition	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - recognize why it is important to limit the intake of fats and sweets - classify snack foods as GO, GROW or SLOW - substitute SLOW foods in their diet with healthier alternatives 	Fat Oil	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - identify the approximate amount of each food group of which his/her daily diet should consist - recognize some common food portion equivalents - determine the portion equivalents for a sample menu and compare to USDA suggested daily amounts 	Nurient Nutritious	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - discuss the importance of eating breakfast - recognize how the media influences what he/she eats - create and illustrate a healthy breakfast cereal 	Breakfast	HLC Big Book



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**GRADE 1
UNIT 4-SUBSTANCE ABUSE
PREVENTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - recognize warning labels and symbols - explain why he/she must ask a trusted adult before touching, smelling or tasting any unknown substance - identify items that are safe and unsafe to touch, smell or taste 	Trusted adult	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - demonstrate the NO, GO, TELL procedure in situations involving a stranger offering them an unknown substance - recognize that medications should only be taken when prescribed by a doctor and given by a trusted adult - identify things or situations as "safe" or "unsafe" 	Pharmacist Prescription Trusted adult	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - identify the harmful effects of smoking on the body - observe the immediate effects of smoking on the body - advocate against smoking 	Lungs	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - define second-hand smoke - identify strategies for avoiding second-hand smoke - demonstrate strategies for avoiding second-hand smoke 	Lungs Habit Second-hand smoke	HLC Big Book



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**GRADE 1
UNIT 5 - SAFETY**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - list and discuss safety practices to follow when playing - explain why he/she believes it is important to play safely - identify safety hazards and risk behaviors in playground settings 	Danger Hazard Risk Survey	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - identify who is a stranger - identify trusted adults - demonstrate NO, GO, TELL 	Trust Stranger Trusted adult	<i>Staying Safe</i> by Alvin Silverstein HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - distinguish between emergency and non-emergency situations - demonstrate the correct procedure to use when calling for emergency help - practice effective communication skills in an emergency situation 	Danger Emergency	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - list and discuss fire safety rules - illustrate fire safety rules - apply fire safety rules to appropriate fire risks 	Prevent	HLC Big Book



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**GRADE 1
UNIT 6 - FITNESS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - demonstrate different ways to move his/her body every day - identify parts of the body that benefit from daily physical activity - describe how daily physical activity benefits the body 	Physical Physical activity Fitness	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - describe how warm-up and cool-down activities help the body - demonstrate a warm-up and cool-down activity - identify appropriate warm-up and cool-down activities for given exercises and sports 	Warm-up Cool-down	None
Lesson 3	<ul style="list-style-type: none"> - identify exercises that he/she can do daily - explain the steps in the PACT goal-setting process - set a goal to include exercise as part of his/her routine 	Exercise Physical activity Goal	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - identify stress makers and stress helpers - practice relaxation techniques - describe how stress affects his/her body 	Relax Stress Stress makers Stress helpers	None



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**GRADE 2
UNIT 1 - LIFE SKILLS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - recognize that the kind of person he/she is, is more important than his/her physical appearance - differentiate between personal traits and physical traits - discuss how unique characteristics enhance his/her positive self-image 	Self-image Unique	<i>Team Turtle Visits the Zoo, Life Skills Story HLC Big Book</i>
Lesson 2	<ul style="list-style-type: none"> - identify the steps to effective communication - apply the steps to effective communication to given scenarios 	Communication	<i>Team Turtle Visits the Zoo, Life Skills Story HLC Big Book</i>
Lesson 3	<ul style="list-style-type: none"> - identify and discuss what is a decision and how to make a decision - identify the steps in the STAR decision-making model - recognize the importance of thinking through consequences before making a decision 	Decision Consequence	<i>Team Turtle Visits the Zoo, Life Skills Story HLC Big Book</i>
Lesson 4	<ul style="list-style-type: none"> - discuss what is a goal - recognize the steps in setting goals - practice setting goals 	Goal Pact	<i>Team Turtle Visits the Zoo, Life Skills Story HLC Big Book</i>



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**GRADE 2
UNIT 2-CONFLICT RESOLUTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - explain the meaning of respect - recognize the importance of treating others with respect - develop solutions to given scenarios that are respectful to other's feelings 	Respect	<i>None</i>
Lesson 2	<ul style="list-style-type: none"> - explain assertive communication - describe the parts of an "I" message - use "I" statements to express feelings and opinions 	Assertive communication Assertive	<i>None</i>
Lesson 3	<ul style="list-style-type: none"> - discuss the meaning of stereotyping - recognize the positive and negative effects of stereotyping - examine commonly held stereotypes 	Assumption Stereotype	<i>Big AI by Andrew Clements Yoshi HLC Big Book</i>
Lesson 4	<ul style="list-style-type: none"> - compare and contrast the composition of families - describe how families can be similar and different - identify characteristics of his/her family 	Family Unique Sibling	HLC Big Book



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**GRADE 2
UNIT 3 - NUTRITION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - classify foods and beverages into USDA Food Guide Pyramid food groups - identify foods as GO, GROW or SLOW - recognize the USDA recommended daily amount of each food group he/she should eat to keep his/her body healthy 	Nutrient Nutrition Food Guide Pyramid	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - identify foods that are high in fiber and low in fat - recognize the role of fat and fiber in a healthy diet - select the most nutrient-dense foods from a given list 	Nutrient Nutrient-dense Fiber	<i>None</i>
Lesson 3	<ul style="list-style-type: none"> - create a high-fiber, low-fat and nutrient-dense meal - recognize that added fat can make foods less healthy - identify foods that should be eaten sparingly 	Moderation Calorie	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - identify the amount of water a person should consume a day - recognize when it is important to drink water - advertise the benefits of drinking eight-8 oz. glasses of water a day 	Dehydrate	<i>None</i>



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**GRADE 2
UNIT 4 - SUBSTANCE ABUSE
PREVENTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - define and discuss what is a habit - identify habits as healthy or unhealthy - identify healthy habits that he/she practices 	Habit	None
Lesson 2	<ul style="list-style-type: none"> - identify common indoor and outdoor air pollutants - explain the effects of polluted air on an individual's health - explain how the media influences his/her decisions 	Air pollutants	<i>None</i>
Lesson 3	<ul style="list-style-type: none"> - explain the addictive qualities of nicotine - explain the difference between an addiction and a habit - identify ways to assist family and friends in quitting smoking 	Addiction Habit Nicotine	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - identify the immediate effects of smoking on an individual's health - identify strategies to avoid second-hand smoke - demonstrate strategies for avoiding second-hand smoke to given scenarios 	Lungs Second-hand smoke	HLC Big Book



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**GRADE 2
UNIT 5 - SAFETY**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - create safety rules for various types of weather - use a weather report to plan for weather safety - explain how weather affects his/her personal safety 	Weather Meteorologist Forecast	None
Lesson 2	<ul style="list-style-type: none"> - apply the NO, GO, TELL procedure to unsafe or uncomfortable situations - identify safe places to go in order to avoid an unsafe situation - identify trusted adults and practice asking them for help 	Stranger Trust	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - demonstrate basic traffic safety rules for riding a bicycle and being a pedestrian in a variety of situations - identify common traffic signs and signals - design a new traffic sign for an area of the school 	Traffic Pedestrian	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - illustrate fire safety rules for fire emergencies - identify the devastating effects of fire - practice evacuating the classroom in the case of a fire emergency 	Emergency	None



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**GRADE 2
UNIT 6 - FITNESS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - identify two places on his/her body where he/she can locate his/her pulse - locate pulse before and after exercises - explain the effect of exercise on the heart 	Pulse	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - explain the benefits of warm-up and cooling-down - identify several warm-up and cool-down exercises and when to use them - create and demonstrate a warm-up and cool-down activity 	Warm-up Cool-down	<i>None</i>
Lesson 3	<ul style="list-style-type: none"> - recognize the criteria for choosing exercises that he/she can incorporate into a daily routine - identify exercises that meet the criteria for choosing exercises that he/she can incorporate into his/her daily routine - set a goal to include new exercises in his/her daily routines 	Physical activity Exercise Fitness Advertise	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - identify stress makers - recognize feelings of stress - apply stress management techniques or stress helpers to stressful situations 	Stress Relax Stress makers Stress helpers	<i>Team Turtle Visits the Zoo, Life Skills Story</i>



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**GRADE 3
UNIT 1 - LIFE SKILLS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - explain why it is important to have a positive self-image - recognize special qualities of his/her peers - discuss ways to build and maintain a positive self-image 	Self-image	<i>Pinduli</i> by Janell Cannon HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - identify and discuss the meaning of assertive communication - practice expressing thoughts and feelings in a clear and direct manner - recognize appropriate situations for using assertive communication 	Communication Effective communication	None
Lesson 3	<ul style="list-style-type: none"> - identify and discuss the steps to good decision-making - evaluate consequences of past decisions - apply the steps of the STAR decision-making model 	Decision Consequences	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - distinguish between short and long-term goals - apply the PACT model to a personal goal - recognize how short-term goals contribute to reaching long-term goals 	Goal	HLC Big Book



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**GRADE 3
UNIT 2-CONFLICT RESOLUTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - recognize the importance of a support system - identify people in his/her support system - describe qualities people in a support system should possess 	Support system	None
Lesson 2	<ul style="list-style-type: none"> - recognize the benefits of teamwork and cooperation - demonstrate teamwork and cooperation - develop strategies to work more effectively in a group or alone 	Cooperation Teamwork	None
Lesson 3	<ul style="list-style-type: none"> - identify qualities that make a good friend - recognize ways to be a good friend - describe a "perfect" friend 	Friend	<i>Frog and Toad Are Friends</i> by Arnold Lobel
Lesson 4	<ul style="list-style-type: none"> - characterize bullying behaviors - develop assertive responses to bullying behaviors - use "I" messages to assertively deal with bullying behaviors 	Bully Assertive	<i>King of the Playground</i> by Phyllis Reynolds Naylor



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**GRADE 3
UNIT 3 - NUTRITION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - identify the six components of a Nutrition Facts label - compare Nutrition Facts labels - determine nutrient-dense foods based on information from the Nutrition Facts label 	Nutrient Nutrient-dense Nutrition Moderation	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - identify high-fiber foods - recognize the role of fiber in the diet - substitute low-fiber foods with high-fiber alternatives 	Calorie Fiber Empty-calorie food	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - modify food choices to improve their healthfulness - evaluate his/her own eating plans to determine if he/she is healthy - set a goal to improve at least one eating habit 	Nutrient-dense Empty calorie food	None
Lesson 4	<ul style="list-style-type: none"> - recognize and name foods from around the world - classify foods from different cultures into the USDA Food Guide Pyramid food groups - describe the ways that healthy food habits are similar and different around the world 	None	HLC Big Book



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**GRADE 3
UNIT 4 - SUBSTANCE ABUSE
PREVENTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	- define the term drug - explain why medicine should only be taken from a trusted adult - identify the difference between "over-the-counter" and prescription drugs	Drug Prescription	None
Lesson 2	- identify alcohol as a drug - describe the harmful effects of excessive alcohol drinking - demonstrate refusal skills to given scenarios	Alcohol Designated driver	None
Lesson 3	- identify tobacco as a drug - identify nicotine as the addictive substance in tobacco - illustrate the effects of nicotine on the body	Addiction Nicotine Drug Tobacco	HLC Big Book
Lesson 4	- define media - identify two advertising techniques used in media to influence decisions - demonstrate an advertising technique to promote a product	Media	None



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**GRADE 3
UNIT 5 - SAFETY**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	- identify risks - explain and apply safety precautions to given scenarios - identify consequences of risky behaviors	Risk	None
Lesson 2	- determine appropriate reasons to unsafe situations - explain the NO, GO, TELL procedure - identify three trusted adults	Stranger Safe Abusive Trust	HLC Big Book
Lesson 3	- list and discuss safety rules to follow at home - apply safety rules to given scenarios - demonstrate using 9-1-1 in an emergency	Emergency	<i>Staying Safe</i> by Dr. Alvin Silverstein HLC Big Book
Lesson 4	- explain the danger of riding in a car without wearing a safety belt - identify the proper use of a safety belt - relate the importance of wearing a safety belt	Restrain	None



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**GRADE 3
UNIT 6 - FITNESS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - describe how the heart functions - classify exercises as aerobic or anaerobic - differentiate the benefits of aerobic and anaerobic exercise to the body 	Circulatory Aerobic Anaerobic	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - differentiate between joints and muscles - identify the location and discuss the mechanics of muscles and joints - demonstrate flexibility 	Joint Skeleton Flexible Muscles	None
Lesson 3	<ul style="list-style-type: none"> - list the benefits and importance of physical activity - name and describe things he/she can do to stay physically active in addition to sports - demonstrate exercises and activities to keep healthy 	Movement Muscles Sport	None
Lesson 4	<ul style="list-style-type: none"> - identify the factors that prevent him/her from being active - explain why inactivity is harmful - set an exercise goal 	Exercise Fitness	HLC Big Book



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**GRADE 4
UNIT 1 - LIFE SKILLS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - define self-image - recognize the four-step technique to maintaining a positive self-image - determine if given scenarios contribute to a positive or negative self-image 	Self-image	None
Lesson 2	<ul style="list-style-type: none"> - recognize that communication can be nonverbal - discuss the characteristics of active listening - practice active listening skills 	Active listening Communication Effective communication	None
Lesson 3	<ul style="list-style-type: none"> - explain the STAR decision-making model - analyze decisions in given scenarios - apply the STAR decision-making model to change decisions with negative consequences to positive ones 	Decision Consequences Value Peer Peer influence	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - verbalize what is a goal and relate the steps involved in the goal setting process - understand the similarities and differences between a short and a long-term goal - practice setting short-term goals 	Goal Accomplish Commitment	HLC Big Book



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**GRADE 4
UNIT 2-CONFLICT RESOLUTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - characterize the qualities a person in a support system should possess - recognize situations when the help of a trusted adult or support system is needed - apply the STAR decision-making model to determine when to use a support system 	Support system	None
Lesson 2	<ul style="list-style-type: none"> - relate the advantages of teamwork - recognize the role of cooperation and communication in teamwork - discuss the benefits of having designated tasks, leadership, and rules when working in teams 	Team Cooperation Acronym Efficiently	None
Lesson 3	<ul style="list-style-type: none"> - recognize how using loaded words can escalate a conflict - identify loaded words, slurs and put downs - describe how loaded words make him/her feel 	Loaded words Slurs Put-down Escalate	None
Lesson 4	<ul style="list-style-type: none"> - recognize good and poor listening behaviors - demonstrate active listening skills - explain why listening is important 	Active listening Conflict Hearing	None



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**GRADE 4
UNIT 3 - NUTRITION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - discuss the influence of family, friends, culture or media on eating habits - examine the factors that most affect food choices - formulate a plan to resist food triggers 	Media Culture Advertisement Influence	None
Lesson 2	<ul style="list-style-type: none"> - identify best sources of dietary fiber - recognize the role of fiber in the diet - apply rules for finding fiber in foods 	Fiber	None
Lesson 3	<ul style="list-style-type: none"> - determine appropriate portion sizes of foods at popular fast food restaurants - examine the nutritional information for foods at popular fast food restaurants - design a nutrient-dense meal from the food choices at a popular fast food restaurant 	None	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - discuss the relationship between physical activity and food consumption to energy balance and weight control - recognize that calories are a measure of energy for both foods and physical activity - relate the theory of energy balance to sample scenarios 	Calorie Energy balance	HLC Big Book



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**GRADE 4
UNIT 4 - SUBSTANCE ABUSE
PREVENTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - identify and discuss the different types of legal and illegal drugs - define a drug as a chemical that changes how the body and the mind work - discriminate between types of drugs and their uses 	Drug Illegal Legal	None
Lesson 2	<ul style="list-style-type: none"> - list strategies to refuse harmful substances - demonstrate using refusal skills to avoid harmful substances - explain the importance of using refusal skills to avoid harmful substances 	Decision Refuse	None
Lesson 3	<ul style="list-style-type: none"> - define influence - identify influences on decisions - differentiate between positive and negative influence 	Influence Decision Consequence	None
Lesson 4	<ul style="list-style-type: none"> - identify two advertising techniques (Simple Solution and Emotional Transfer) used in media to influence decisions - examine media messages promoting tobacco products and alcohol - deconstruct media messages 	Media Consumer Advertisement	None



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**GRADE 4
UNIT 5 - SAFETY**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	- identify potential hazards at various places on the school campus - develop and illustrate a safety warning for a hazard - identify the potential injuries caused by hazards	Injury Hazard Safe Prevent Accident Potential	None
Lesson 2	- identify and describe water hazards in the community - recognize water safety rules - promote water safety	Accident Hazard	None
Lesson 3	- identify the different causes of home injuries and how they can be prevented by thinking before acting - recognize potential hazards - demonstrate how to help younger children stay safe and avoid accidents	Hazard Accident	None
Lesson 4	- identify and describe the elements of a fire escape plan for home - demonstrate how to escape a dark and smoky room safely - create a fire escape plan for their home incorporating the four elements	Extinguish	None



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**GRADE 4
UNIT 6 - FITNESS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - explain the benefits of physical activity - identify and describe the kinds of physical activities that are fun - advocate for physical activity 	Physical activity Exercise Advocate Advocacy	None
Lesson 2	<ul style="list-style-type: none"> - discuss the function of the heart and lungs - recognize the affect of aerobic exercise on the heart rate - practice taking a pulse rate at rest and after exercise 	Aerobic Physical activity Pulse	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - describe the relationship between eating and physical activity - analyze Nutrition Facts labels - relate information from food labels to physical activity 	Balance Moderation Calories Physical activity	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - demonstrate a stress management technique - identify and describe situations that cause stress - identify two techniques that can be used to cope with stress 	Stress Relax Positive stress Negative stress Cope Overwhelm	None



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**GRADE 5
UNIT 1 - LIFE SKILLS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - describe the three techniques to maintaining a positive self-image - apply three techniques for maintaining a positive self-image to given scenarios - design a visual representation of a positive affirmation 	Self-image Affirm Self-talk Visualization	None
Lesson 2	<ul style="list-style-type: none"> - distinguish between verbal and nonverbal communication - integrate verbal and nonverbal communication in conveying a message - compose a written communication; translate it into a verbal and/or nonverbal message 	Communication Nonverbal communication	None
Lesson 3	<ul style="list-style-type: none"> - recognize people who influence his/her decision-making - determine if influences are positive or negative - identify individuals who are most influential in his/her life 	Decision Value Peer influence	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - describe and practice techniques for setting and achieving a goal - set realistic short and long-term goals using the PACT Goal Setting Model - analyze how successful individuals have achieved their long-term goals 	Goal	HLC Big Book



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**GRADE 5
UNIT 2-CONFLICT RESOLUTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - use new vocabulary to express emotions - describe positive ways to express emotions - recognize a variety of emotions 	Emotions Feelings	None
Lesson 2	<ul style="list-style-type: none"> - distinguish between "I" messages and "You" messages - explain why "I" messages are more effective than "You" messages - recognize how "I" messages communicate feelings in a positive way that does not escalate a conflict 	Assertive	None
Lesson 3	<ul style="list-style-type: none"> - identify things that trigger his/her anger - recognize the five most common causes of conflict - develop solutions that positively express anger 	Aggressive Anger	None
Lesson 4	<ul style="list-style-type: none"> - interpret nonverbal cues - describe the role of body language in communication - recognize nonverbal cues 	Body language Interpret Tone	None



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**GRADE 5
UNIT 3 - NUTRITION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - correlate nutrients to given descriptions - identify sources of the six major nutrients - design a poster (or compose a rap or cheer) promoting the benefits and sources of nutrients 	Nutrient Carbohydrate Protein Fat Mineral Vitamin Nutrient-dense	None
Lesson 2	<ul style="list-style-type: none"> - explain why eating at least five servings of fruits and vegetables a day is important to good health - recognize ways to add fruits and vegetables to his/her diet - create a low-fat, high-fiber recipe using fruits and vegetables 	Vitamin A Vitamin C Folate/Folacin	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - identify healthy snack choices - apply guidelines for choosing healthy snacks - substitute common snack choices with healthier alternatives 	Snack Empty-calorie food	None
Lesson 4	<ul style="list-style-type: none"> - identify factors that contribute to obesity - recognize that obesity is preventable - examine energy balance 	Obesity Moderation Energy balance	None



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**GRADE 5
UNIT 4-SUBSTANCE ABUSE
PREVENTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - identify the effects of caffeine consumption - assess the amount of caffeine he/she consumes a day - examine ways to reduce or eliminate caffeine from his/her diet 	Addict Stimulants Tolerance Caffeine	None
Lesson 2	<ul style="list-style-type: none"> - identify and explain the harmful effects of alcohol use - identify the path alcohol takes through the body - explain some of the dangers of early alcohol use and excessive alcohol use 	Drug Alcohol	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - identify the health consequences of smoking - differentiate between mainstream and second-hand smoke - identify ways to avoid second-hand smoke 	Bronchitis Chronic cough Lung cancer Second-hand smoke Mainstream smoke Emphysema	None
Lesson 4	<ul style="list-style-type: none"> - describe and discuss the positive and negative influences that advertising can have on young people's decisions to use legal drugs - create advertisements that encourage people to not use drugs 	Consumer Manipulate Deceptive	None



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**GRADE 5
UNIT 5 - SAFETY**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - explain the importance of weighing consequences before taking risks - recognize his/her responsibility to reduce his/her own risk of injury 	Risk Consequence	None
Lesson 2	<ul style="list-style-type: none"> - describe general safety measures to follow when participating in sports - report the high incidence of sports related injuries to people his/her own age - illustrate a sports injury fact 	Injury	None
Lesson 3	<ul style="list-style-type: none"> - recognize possible hazards of riding a bike or skating - explain general safety measures to practice when riding a bike or skating - identify the kinds of safety equipment that should be worn when skating or biking 	Risk	None
Lesson 4	<ul style="list-style-type: none"> - identify and discuss the leading causes of automobile accidents and injuries - communicate the importance of wearing a seat belt - explain why he/she should always wear a safety belt and remind others to do so 	Motion Force Inertia	None



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**GRADE 5
UNIT 6 - FITNESS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - identify calories as the measurement of energy - explain the concept of energy balance and its relation to a healthy body weight - identify foods that are the most efficient source of energy 	Energy balance Calorie Fuel Gram	HLC Big Book
Lesson 2	<ul style="list-style-type: none"> - explain the benefits of warm-up and cool-down routines - demonstrate an aerobic and anaerobic exercise - classify exercises as aerobic or anaerobic 	Aerobic Anaerobic Warm-up Cool-down	None
Lesson 3	<ul style="list-style-type: none"> - identify factors that could lead to obesity - identify health consequences related to being overweight - calculate his/her body mass index 	Overweight Obesity Sedentary	None
Lesson 4	<ul style="list-style-type: none"> - create a personal fitness plan - explain the relationship between enjoyable activities and the likelihood of committing to a fitness plan - compose a story incorporating lesson concepts 	Fitness	None



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**GRADE 6
UNIT 1 - LIFE SKILLS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - differentiate among the three techniques for maintaining a positive self-image - recognize that others can affect his/her self-image - apply techniques for maintaining a positive self-image to real life situations 	Self-image Positive influence Negative influence	None
Lesson 2	<ul style="list-style-type: none"> - recognize various methods of effective communication - interpret body language when used as a method of communication - critique different methods of communication for effectiveness 	Communication Effective communication Body language Charades	None
Lesson 3	<ul style="list-style-type: none"> - recognize the techniques of negative peer influence - determine how negative peer influence affects decision-making - relate a personal experience of how he/she rejected negative peer influence 	Decision Value Peer influence Media	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - describe and practice the PACT goal-setting model - apply the steps in the PACT model to his/her personal goals - recognize qualities it takes to successfully achieve his/her goals 	Goal Pact	HLC Big Book



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**GRADE 6
UNIT 2-CONFLICT RESOLUTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - explain point of view - recognize how misunderstandings develop because of different points of view - discuss ways that misunderstandings caused by different points of view can be resolved 	Point of view Misunderstanding	<i>The Three Little Pigs</i> (any retelling) <i>The True Story of the Three Little Pigs</i> by Jon Scieszka
Lesson 2	<ul style="list-style-type: none"> - identify similarities and differences between him/herself and other students - discuss how differences can lead to conflict - recognize how put-downs make people feel and prepare pick-ups to counter the effects of put-downs 	Ethnic Put-down Pick-up	None
Lesson 3	<ul style="list-style-type: none"> - discuss how media affects his/her life and relationships with others - describe the effect that violence has on his/her relationships with others - recognize the types of violence found in the media 	Media Violence Immune	None
Lesson 4	<ul style="list-style-type: none"> - illustrate strategies for resolving conflict - apply strategies for resolving conflicts to given scenarios - identify the best way to resolve conflicts 	Conflict	None



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**GRADE 6
UNIT 3 - NUTRITION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - recognize common myths and misconceptions about food and nutrition - analyze information about food and nutrition for correctness - design a representation of a web page to dispel a common nutrition myth 	Fact Fiction Misinformation Myth	None
Lesson 2	<ul style="list-style-type: none"> - identify foods high in fat - recognize the difference between monounsaturated, polyunsaturated and saturated fats - modify high fat foods to lower the fat content 	Nutrient-dense Saturated fat Monounsaturated fat Polyunsaturated fat Trans fat	HLC Big Book
Lesson 3	<ul style="list-style-type: none"> - identify six common vitamins and minerals - discuss the role of nutrients in the body and foods that are good sources of vitamins and minerals - apply knowledge of vitamins and minerals to given scenarios 	Electrolyte	HLC Big Book
Lesson 4	<ul style="list-style-type: none"> - discuss the disadvantages of the overconsumption of soda - recognize nutrient-dense and empty calorie beverages - promote healthy alternatives to sodas 	Empty-calorie food	None



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**GRADE 6
UNIT 4-SUBSTANCE ABUSE
PREVENTION**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - describe the difference between stimulants, depressants and inhalants on the body - identify the harmful effects of drug use on the body - categorize given drugs as stimulants, depressants and inhalants 	Depressant Stimulant Inhalants	None
Lesson 2	<ul style="list-style-type: none"> - recognize the short and long-term effects of alcohol use - identify facts about alcohol - relate personal reasons for not abusing alcohol 	Alcohol Intoxication	None
Lesson 3	<ul style="list-style-type: none"> - recognize peer influence - identify the types of peer influence - apply assertive communication skills to scenarios involving peer influence 	Assertive Influence Decision Passive Peers Rejection Consequence	None
Lesson 4	<ul style="list-style-type: none"> - explain advocacy - recognize the qualities of an advocate - advocate to be smoke free 	Advocate Advocacy Empower Debate Issue	None



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**GRADE 6
UNIT 5 - SAFETY**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	<ul style="list-style-type: none"> - identify the six most common injuries to children and examine the causes of these injuries - list at least three causes of injuries and brainstorm ways that these injuries can be prevented - distinguish between the causes and effects of a variety of injuries 	Cause Effect Injury Prevent	None
Lesson 2	<ul style="list-style-type: none"> - identify and modify personal risk-taking behavior - identify the major causes of injuries and examine why these injuries are preventable - set a goal to practice playing safely 	Risk Pact	None
Lesson 3	<ul style="list-style-type: none"> - describe and discuss violence in his/her community - recognize what to do if he/she finds a weapon - identify ways to avoid violent situations 	Violence Weapon Intentional Unintentional	None
Lesson 4	<ul style="list-style-type: none"> - recognize that babysitting is a serious responsibility - describe the personal and emergency information he/she needs from parents before babysitting - apply good decision-making skills to babysitting scenarios 	Responsible	None



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**GRADE 6
UNIT 6 - FITNESS**

LESSONS	OBJECTIVES	VOCABULARY	LITERATURE
Lesson 1	- explain the health and social benefits of being physically fit - identify physical activities that promote social interaction - promote the health and social benefits of physical activity	Social	None
Lesson 2	- create a diverse fitness plan - explain the benefits of a diverse fitness plan - distinguish between aerobic and anaerobic exercises	Aerobic Anaerobic Warm-up Cool-down	None
Lesson 3	- explain the concept of energy balance - explain why energy balance is important to maintain a healthy body weight - develop a personal plan that accounts for intake and output of energy	Energy balance	None
Lesson 4	- identify four techniques for coping with stress - describe positive and negative stressors - practice and apply stress management techniques	Stress Stressor Positive stress Negative stress Cope	None



National Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

8. Students will demonstrate the ability to advocate for personal, family and community health.