

Third Grade
Medina County Schools'
Course of Study
For
Health
2004

STANDARD 1: NUTRITION

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-3-N-1	1. Create a balanced meal using appropriate serving sizes based on the food pyramid.	
H-3-N-2	2. Identify foods which help build and repair the body.	
H-3-N-3	3. Identify serving sizes for different foods.	
H-3-N-4	4. Demonstrate how your personal nutrition choices in a meal, at school or at home, contributes to your daily diet.	
H-3-N-5	5. Explore body image perceptions and realistic expectations.	

STANDARD 2: ALCOHOL, TOBACCO AND OTHER DRUGS

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-3-ATOD-1	1. List the physical, social, financial, and environmental effects of tobacco products on self and others.	
H-3-ATOD-2	2. Describe the physical, emotional and addictive effects of abusing alcohol, inhalants and medication.	
H-3-ATOD-3	3. Model saying “no” to alcohol and other harmful drugs when approached with stressful situations.	
H-3-ATOD-4	4. Compare the benefits of using medicinal products and the potential dangers for abuse.	

STANDARD 3: GROWTH AND DEVELOPMENT

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-3-G&D-1	1. Explore systems of the body (simple overview) and their functions in relation to personal growth and development.	<u>Classroom — Life Science Indicator #1:</u> Compare the life cycles of different animals including birth to adulthood, reproduction and death (e.g., egg-tadpole-frog, egg-caterpillar-chrysalis-butterfly).
H-3-G&D-2	2. Discover the characteristics of growth from infancy to a young child.	
H-3-G&D-3	3. Set a personal health goal and track progress toward its achievement.	
H-3-G&D-4	4. Demonstrate ways to make friends using listening and communication skills.	

STANDARD 4: DISEASE PREVENTION AND CONTROL

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-3-DP&C-1	1. Distinguish between communicable and non-communicable diseases.	<u>Participate in Dental Health Week</u>
H-3-DP&C-2	2. Identify parts of a tooth and describe the effects of plaque and tooth decay.	

**STANDARD 5: CONFLICT MANAGEMENT AND
INJURY PREVENTION AND CONTROL**

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-3-CM&IPC-1	1. Practice personal safety choices in a variety of situations.	
H-3-CM&IPC-2	2. Distinguish between positive and negative influences (e.g., peer, media, community) on social health behaviors.	
H-3-CM&IPC-3	3. Demonstrate ways to avoid conflict.	