

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

STANDARD 1: NUTRITION

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-4-N-1	1. Categorize different foods as carbohydrates, proteins, or fats.	
H-4-N-1	2. Identify different types of fats in various food products.	

STANDARD 2: ALCOHOL, TOBACCO AND OTHER DRUGS

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-4-ATOD-1	1. Examine the physical, mental, and emotional effects of alcohol, tobacco, drugs, and inhalants on the body.	
H-4-ATOD-2	2. Demonstrate different ways to say “no” to alcohol, tobacco, and other drugs in a variety of situations.	
H-4-ATOD-3	3. Evaluate different media approaches for alcohol and other drug products.	
H-4-ATOD-4	4. Practice communication strategies for dealing with peers or family members who abuse alcohol.	

STANDARD 3: GROWTH AND DEVELOPMENT

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-4-G&D-1	1. Discover the functions of the brain.	Physical Education class Suggest: Morely Health Center Brain Unit is available
H-4-G&D-2	2. Examine the need for changing self care practices associated with growth and development.	
H-4-G&D-3	3. Identify exercise, sleep, and rest as positive ways to handle stress and promote a healthy body (heart, muscle, bones).	

STANDARD 4: DISEASE PREVENTION AND CONTROL

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-4-DP&C-1	1. Practice healthy strategies that reduce disease during daily activities (e.g., meals, bathroom, sharing items).	
H-4-DP&C-2	2. Describe the anatomy of a tooth and identify where tooth decay and plaque are likely to occur.	
H-4-DP&C-3	3. Practice care for teeth through brushing and flossing.	

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

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-4-CM&IPC-1	1. Investigate strategies which prevent violence.	Model in Classroom or in Physical Education Class
H-4-CM&IPC-2	2. Practice decision making skills in unsupervised situations.	
H-4-CM&IPC-3	3. Demonstrate effective communication and listening skills with peers and adults in a variety of social settings.	
H-4-CM&IPC-4	4. Identify and describe different family structures, roles, responsibilities, and changes in the community.	
H-4-CM&IPC-5	5. Describe positive and negative characteristics of friendships.	
H-4-CM&IPC-6	6. Practice using safety measures during recreational activities.	