

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

STANDARD 1: NUTRITION

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-5-N-1	1. Identify different types of fats/oils in various food products.	Make a list of healthy and unhealthy fats and oils ie., saturated, unsaturated, olive oil, sesame oil, hydrogenated, palm . . .
H-5-N-2	2. Identify healthy foods in relation to the body systems.	
H-5-N-3	3. Analyze food labels to identify the amounts of fats and sugars in a variety of foods, including those advertised in the media (e.g., fruit rollups, juice, cereal, and snacks).	

STANDARD 2: ALCOHOL, TOBACCO AND OTHER DRUGS

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-5-ATOD-1	1. Investigate the consequences of alcohol abuse on family, community, and self.	Personal Interview of a Smoker
H-5-ATOD-2	2. List harmful effects of alcohol on different body systems (e.g., circulatory, nervous, and respiratory).	
H-5-ATOD-3	3. List harmful effects of tobacco on different body systems (e.g., circulatory and respiratory).	
H-5-ATOD-4	4. Describe the effects of using inhalants and communicate a no-use message.	
H-5-ATOD-5	5. Demonstrate types of peer pressure and responses for resisting peer pressure.	

STANDARD 3: GROWTH AND DEVELOPMENT

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-5-G&D-1	1. Examine the progressive stages of human growth and development.	<u>Classroom</u> Morely Health Center Family Living Unit
H-5-G&D-2	2. Explore human reproductive system.	
H-5-G&D-3	3. Identify the growth and development changes (physical, social, and emotional) that occur during puberty.	
H-5-G&D-4	4. Practice manners and how to get along with others.	
H-5-G&D-5	5. Demonstrate effective communication skills.	

STANDARD 4: DISEASE PREVENTION AND CONTROL

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-5-DP&C-1	1. Describe environmental issues which impact personal and community health.	<u>Classroom</u> <u>Earth Science Indicator #6:</u> Investigates ways Earth's renewable resources (e.g., fresh water, air, wildlife and trees) can be maintained.
H-5-DP&C-2	2. Investigate the process of communicable disease transmission.	
H-5-DP&C-3	3. Plan and implement actions to modify an undesirable habit.	<u>Life Science Indicator #4:</u> Summarizes that organisms can survive only in ecosystems in which their needs can be meet (e.g., food, water, shelter, air, carrying capacity and waste disposal). The world has a different ecosystems and distinct ecosystems support the lives of different types of organisms.
H-5-DP&C-4	4. Identify exercise, sleep, and rest as positive ways to handle stress and promote a healthy body.	
H-5-DP&C-5	5. Analyze the health benefits of exercise.	

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

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-5-CM&IPC-1	1. Define conflict, danger, and violence.	
H-5-CM&IPC-2	2. Demonstrate how to identify and avoid trouble in conflict situations (bully situations).	
H-5-CM&IPC-3	3. List factors from the environment, media, and technology that contribute to violence.	
H-5-CM&IPC-4	4. Demonstrate how to resolve conflicts peacefully and be able to settle conflicts without arguing and fighting.	
H-5-CM&IPC-5	5. Explain the importance of self confidence in making healthy choices and achieving personal goals.	
H-5-CM&IPC-6	6. List signs of stress and illustrate positive ways to handle stress.	