



JC Schools 4th Grade Health Yearly Standards

***Units may be taught in any order, as long as all units are taught throughout the school year.*

***Social and emotional embedded throughout all of the units.*

Unit	Priority Standards	Supporting Standards
<p>Unit 1</p> <p>Nutrition</p>	<p>4.ME.2.A.a Identify the sources and basic functions of the six essential nutrients including fiber, and locate five essential nutrients (carbohydrates, fats, proteins, vitamins, minerals) on food labels and recognize that this information helps one make healthy food choices.</p>	<p>4.ME.2.A.b Describe the relationship between food intake and energy</p> <p>4.ME.2.B Make decisions regarding food choices based on balance (e.g., food log, meal planning, grocery shopping), moderation and variety</p>
<p>Unit 2</p> <p>Structure/ Function of Body</p>	<p>4.FS.1.B Describe how muscles affect overall health (e.g., burning calories, good posture, healthy heart).</p> <p>4.FS.1.C Identify the different types of bones (i.e., long, flat, wide, short, and curved) and their functions (mineral storage, calcium, red blood cells, growth plates).</p> <p>4.FS.1.E Show the effects of lifestyle choices (e.g., high fat diet, physical activity) on the cardiorespiratory circulatory system and how they relate to quality of life.</p> <p>4.FS.1.F Describe the function of the respiratory system (e.g., exchange of carbon dioxide and oxygen) between air sacs and capillaries.</p>	

	<p>4.FS.1.G Define and distinguish between short-term and long-term memory.</p> <p>4.FS.1.H Describe the processes of the digestive system (e.g., how the teeth, tongue, and saliva begin the digestive process) and how they are affected by lifestyle choices (e.g., diet, activity level, dental care).</p>	
<p>Unit 3 Preventative Care</p>	<p>4.RA.1.A Identify and describe basic causes, symptoms, treatments, and management of common communicable diseases and health problems.</p> <p>4.RA.2.B Demonstrate basic first aid procedures for handling weather related emergencies (e.g., hypothermia, frostbite, and heat exhaustion).</p>	<p>4.ME.1.A Classify activities as they relate to the health related fitness components and identify behaviors, that if performed regularly, can contribute to a healthy lifestyle (eating breakfast daily, not smoking, adequate sleep, maintain normal weight, regular physical activity, avoiding alcohol, healthy snacking)</p> <p>4.ME.2.D Describe proper food guidelines and storage (e.g., expiration date, refrigerated vs. non refrigerated food)</p> <p>4.RA.1.B Explain how healthy behaviors enhance the body's basic lines of defense (e.g., sleep, physical activity, healthy food choices)</p> <p>4.RA.1.C Identify that there are certain conditions and lifestyle behaviors that enhance both the growth and spread of pathogens (e.g., person to-person, food, water, not washing hands, improper refrigeration, lack of purification)</p> <p>4.RA.2.C Predict the outcome when safety equipment is used/not used in physical activity</p> <p>4.RA.2.D Explain the cause and effect of following water safety rules</p>