



# JC Schools 5th 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
<b>Unit 1</b>  Nutrition	<b>5.ME.2.B.a</b> Use the <del>MyPyramid.gov</del> <i>My Plate</i> website to construct a balanced menu.	<b>5.ME.2.A.a</b> Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A,C and D)  <b>5.ME.2.A.b</b> Recognize the <del>MyPyramid.gov</del> <i>My Plate</i> food slogans (e.g., go lean with <del>meat</del> <i>protein</i> , vary your vegetables, focus on fruits, get your calcium rich foods, <del>make the most of your whole grains</del> <i>half your grains whole</i> )  <b>5.ME.2.C</b> Examine food labels to determine calories and nutrients in a product (e.g., compare nutritional value and ingredients of two product labels)  <b>5.ME.2.E</b> Summarize the relationship between food intake and physical activity
<b>Unit 2</b>  Structure/ Function of Body	<b>5.FS.1.B</b> Explain ways in which the muscular and other body systems work together.  <b>5.FS.1.E.d</b> Explain ways in which the <del>cardiorespiratory</del> <i>cardiorespiratory</i> circulatory system interacts with other systems.	<b>5.FS.1.E.a</b> Identify the types of blood vessels (i.e., arteries, veins, capillaries)  <b>5.FS.1.E.b</b> Identify the chambers of the heart (i.e., atrium, ventricle)

	<p><b>5.FS.1.G</b> Summarize the functions of the nervous system (e.g., sending and receiving messages, regulating body functions), serving as the body's control center for five senses (emotions, speech, coordination, balance, and learning).</p> <p><b>5.FS.1.H</b> Explain ways in which the digestive and other body systems work together.</p>	<p><b>5.FS.1.E.c</b> Identify types of blood cells (i.e., red, white, platelets)</p>
<p><b>Unit 3</b></p> <p>Preventative Care</p>	<p><b>5.RA.1.A</b> Determine cause and effect relationships between noncommunicable diseases (e.g., Type I diabetes vs. Type II diabetes) and lifestyle behaviors.</p> <p><b>5.RA.2.B</b> Explain how basic first aid techniques can help to save lives (e.g., abdominal thrusts and rescue breathing).</p>	<p><b>5.ME.1.A</b> Create a personal health plan that includes balanced nutrition, physical activity, hygiene, adequate sleep, no alcohol, healthy snacking</p>