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| Essential Understandings | * Many things influence choices that affect health. * Heath- enhancing behaviors can help avoid or reduce health risks * Healthy behaviors impact personal health |
| Essential  Questions | * What are influences? * What are substances? * How do choices affect future health? |
| Essential  Knowledge | * Media, friends, schools and families affect choices. * Participation in a variety of activities is important to health. * Maintaining healthy habits contributes to future personal health conditions |
| Vocabulary/Content | Physical, mental, emotional, and social health; common childhood diseases, safe and healthy school environment, healthy menu, body care, factors, substances, media and cultural influence, personal goal |
| Essential  Skills | * Identify substances that are safe and unsafe to touch, taste, or inhale. * Recognize the importance of advertising in promoting choices. * Recognize the importance of school and family discussions in promoting choices. * Identify ways of treating common childhood diseases |
| **Maine Learning Results**  **ASCA**  **Concepts** | A Health Concepts  A1.Students explain the relationship between healthy behaviors and personal health  A2 Students identify examples of physical, mental, emotional and social heath during childhood  A3 Students describe ways to detect and treat common childhood diseases and other health problems  A4 Students describe ways a safe and healthy school and community environment can promote personal health  A6 Students define basic health concepts related to family life  C. Health Promotion and Risk Reduction  C1 Students demonstrate age-appropriate healthy practices to maintain or improve personal health.  C1a, Design healthy menu  C1b., Demonstrate basic care of the human body  D1. Students describe how a variety of factors influence personal health behaviors  a, Describe how family, school and community influence an d support personal health practices and behaviors  b,Describe how peers and culture can influence health practices and behaviors  D1c Explain how media influences thoughts, feelings, and health behaviors  F. Students identify a short-term personal health goal and take action toward achieving the goal  .  Understand consequences of decisions and choices  Apply effective problem - solving and decision making skills to make safe and healthy choices  Learn about the emotional and physical dangers of substance use and abuse |
| Sample  Lessons  And  Activities | .   * Students identify health effects of smoking cigarettes on the human body. * Research histories of childhood diseases and treatments * Find a magazine or newspaper advertisement and identify the healthy or unhealthy choice it promotes. * List healthy choices shared during school and family discussions. * Create an advertisement. * Discuss ways school and communities make rules to create healthy environments * Watch television at two different time periods (e.g. Saturday morning and 6 o’clock news) and record the number and type of commercials. * Tally one day’s worth of activities. * Analyze a week’s of school lunch menus * Identify a short term healthy goal ( running laps on playground) |
| Sample  Classroom Assessment  Methods | * Create a week’s menu of healthy breakfasts * Create a chart listing ingredients of various snacks |

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| Sample  Resources | *Substance Abuse Prevention Activities for Elementary Children* by Timothy A. Gerne and Patricia J.Gerne |