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| Essential Understandings | * Multiple factors influence choices that affect health.
* Heathy behaviors can help avoid or reduce health risks.
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| Essential Questions | * What are influences?
* What are substances?
* How do choices affect future health?
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| 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
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| Vocabulary/Content | Behaviors, healthy, transmission, prevention, communicable diseases, safe environment, hygiene skills, handwashing, harmful substance, safe substance, symbols, warning labels, influence, short-term goal, media, healthy foods |
| EssentialSkills | * 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.
* Demonstrate personal hygiene skills
* Choose healthy foods
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| Related Maine LearningResultsASCA Concepts  | A1 Students recognize that healthy behaviors impact personal healthA2 Students recognize that there are multiple dimensions of healthA 3 Students describe the transmission and prevention of common childhood communicable diseasesA4. Students describe ways a safe and healthy school environment can promote personal healthA6 Students identify basic health terms related to family lifeC. Health Promotion and Risk Reduction1 Student demonstrate age-appropriate healthy practices to maintain or improve personal health. 1. Choose healthy foods
2. Demonstrate personal hygiene skills, including hand-washing

 C2 b Differentiate between safe and harmful substances found at home and school. C2c recognize basic signs, symbols and warning labels for health and safetyD1. Influences on Health a Identify family influences on personal health practices and behaviorsb Identify what the school can do to support personal health practices and behaviors1. Describe how the media can influence health behaviors

F. Students identify a short-term personal health goal and take action toward achieving the goalPS : B1.2 Understand consequences of decisions and choicesPS : C1.7 Apply effective problem - solving and decision making skills to make safe and healthy choicesPS : C1.8 Learn about the emotional and physical dangers of substance use and abuse  |
| Sample Lessons And Activities | * Students will identify a variety of objects and substances as safe or unsafe to put in their bodies or unknown. There will be discussion about each item and direct teaching about what some of the substances are and why they are not safe.
* List healthy choices shared during school and family discussions.
* Create an advertisement.
* 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.
* Demonstrate correct way to wash hands
* Create the food pyramid with magazine advertisements
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| Sample Classroom Assessment Methods | * Maintain an annotated food journal
* Find a magazine or newspaper advertisement and identify the healthy or unhealthy choice it promotes.
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| Sample Resources | *Substance Abuse Prevention Activities for Elementary Children* byTimothy A. Gerne and Patricia J.Gerne |