



Health & Wellness

GRADE 3

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STANDARDS	PAGE REFERENCES
Standard 1: Healthy Lifestyles	
Goal 1.1: Acquire the essential skills to lead a healthy life.	
3.H.1.1.1 Recognize the importance of fitness for overall wellness. (796.01.a)	Student Edition: C21, C25-C26, C28 <i>Do You Know?</i> C21 <i>Lesson Review</i> C23, C29 Teacher's Edition: D C21; LS C29; T34-T35
3.H.1.1.2 Describe diseases and disorders. (796.01.b)	Student Edition: D47-D51, D52 <i>Chapter Review</i> D55 #24 <i>Lesson Review</i> D53 Teacher's Edition: D D51; T19, T28, T29, T30-T33

STANDARDS	PAGE REFERENCES
3.H.1.1.3 Identify and practice rules and procedures for safe living. (796.01.c)	<p>Student Edition: B31, B55, B59-B60, C31, C43-C47, C49-C52, C55-C57, C61-C63 <i>Chapter Review</i> C78 <i>Do You Know?</i> C50 <i>Lesson Review</i> C47, C53 <i>What Do You Know?</i> C41</p> <p>Teacher’s Edition: AC B60; D B31, B60, C45; HB C50; QS C42; SC C17; SS A8, C45; WC C46</p>
3.H.1.1.4 View each person as a unique and special human being whose behavior can enhance or detract from a group, family, or community. (796.01.d)	<p>Student Edition: A11-A13, A26-A27, A45-A46, A52-A53, A61 <i>Activities & Projects</i> A72 <i>Lesson Review</i> A27, A49 <i>Log On</i> A71 <i>Make a Difference</i> A48</p> <p>Teacher’s Edition: D A11, A13, A53, A61</p>
3.H.1.1.5 Identify reasons why drugs and medicines are misused and abused. (796.01.e)	<p>Student Edition: D9 <i>Chapter Review</i> D31 #20 <i>Lesson Review</i> D9 <i>Life Skills</i> D22-D23</p> <p>Teacher’s Edition: D D9</p>
3.H.1.1.6 Identify the relationship between nutrition and well-being. (796.01.f)	<p>Student Edition: B9, B14, B15, B20, B24, B39, C7, C15, D50, D51 <i>Chapter Review</i> B34, B62-B63, D54 #13 <i>Lesson Review</i> B21, B43</p> <p>Teacher’s Edition: D B39, C7, D51; HA C7; HB B40</p>

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3.H.1.1.7 Explore how the body changes as one grows. (796.01.g)	<p>Student Edition: B4-B5, B6-B7 <i>Activities & Projects</i> B64 <i>Chapter Review</i> B34 #6 <i>Lesson Review</i> B9 #1 <i>Log On</i> B3 <i>What Do You Know?</i> B3</p> <p>Teacher’s Edition: CP B2; D B6; IC B5; LA B5; QS B4; VS B5</p>
3.H.1.1.8 Adjust to family changes in healthful ways. (796.01.h)	<p>Student Edition: A62-A63 <i>Activities & Projects</i> A72 <i>Lesson Review</i> A63 #3 <i>Log On</i> A71</p> <p>Teacher’s Edition: D A62, A63; SS A62</p>
3.H.1.1.9 Identify how health information, products, and services are made available. (796.01.i)	<p>Student Edition: B45, B52-B53, D7, E4-E7, E8 <i>Chapter Review</i> B63, E20 <i>Health Online</i> C62, E5 <i>Lesson Review</i> B43 <i>Life Skills</i> B7, B19, C13, E18-E19 <i>Log On</i> B37 <i>On Your Own</i> B59, C73, E6</p> <p>Teacher’s Edition: D B45, E7; FL B53; HA E28; LS B7, B19, B43</p>
3.H.1.1.10 Identify the effects of pollution on the environment. (796.01.j)	<p>Student Edition: E26-E27, E32-E33 <i>Activities & Projects</i> E40 <i>Chapter Review</i> E38-E39 <i>Lesson Review</i> E 29 #4 <i>What Do You Know?</i> E23</p> <p>Teacher’s Edition: D E26, E27; HA E28; SC E23; Te E29; WC E26</p>

STANDARDS	PAGE REFERENCES
Standard 2: Risk Taking Behavior	
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
3.H.2.1.1 Recognize ways of limiting the spread of illness. (797.01.a)	Student Edition: D36-D37 <i>Lesson Review</i> D39 <i>Life Skills</i> D44 <i>On Your Own</i> D36 Teacher’s Edition: D36
3.H.2.1.2 Identify how behavior affects physical, mental, and emotional health. (797.01.b)	Student Edition: A5-A6, A18, A35-A37, A51-A53, C7, C13, C18, C21, C43-C45, C47, C51, D11, D17, D25 <i>Chapter Review</i> A71, C39 <i>Lesson Review</i> A9, A21, C13, C23 <i>Life Skills</i> A39, A55 <i>Log On</i> A3 <i>What Do You Know?</i> A3 Teacher’s Edition: D A6, A18, A21, A37, C7, C21; HA A53; Te A55
3.H.2.1.3 Demonstrate methods of dealing with temptations, curiosity, peer influence, and harmful risk-taking. (797.01.c)	Student Edition: A18, A30-A31, A38-A39, A51-A53, A54, D14, D20, D28 <i>Build Character</i> D28 <i>Chapter Review</i> A40, A70, D30 <i>Lesson Review</i> A55 <i>Life Skills</i> A56-A57 Teacher’s Edition: HA A13, A53, B19; PE A38
3.H.2.1.4 Identify risky behaviors present within family, friendships, and the community. (797.01.d)	Student Edition: A6, A21, C63, C66-C67, D9, D11, D17, D26-D27 <i>Chapter Review</i> A40, A70, C78, D30 <i>Lesson Review</i> A9 <i>What Do You Know?</i> C41 Teacher’s Edition: D A6, D9; HA D13; SS A8; Te A55

STANDARDS	PAGE REFERENCES
Standard 3: Communication Skills for Healthy Relationships	
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	
3.H.3.1.1 Describe how behaviors are affected by others' feelings. (798.01.a)	Student Edition: A30-A31, A46, A52-A53, A54 <i>Chapter Review</i> A71 #19 Teacher's Edition: D A30, A53; WC D52
3.H.3.1.2 Demonstrate refusal and decision-making skills. (798.01.b)	Student Edition: A30-A31 <i>Lesson Review</i> A31, C63 <i>Life Skills</i> A31, C63, D15, D22-D23 Teacher's Edition: HA D20; LS A31, D15; WC C46
3.H.3.1.3 Explain effective ways families, friends, and communities communicate. (798.01.c)	Student Edition: A47-A48 <i>Chapter Review</i> C39 #21 <i>Lesson Review</i> D15 <i>Life Skills</i> A19, A49, C36-C37, D15 Teacher's Edition: HA D19; LS A49
Standard 4: Consumer Health	
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	
3.H.4.1.1 Identify different types of health services. (799.01.a)	Student Edition: D13, E5, E11-E13 <i>Chapter Review</i> E20 <i>Life Skills</i> D21, E18-E19 <i>What Do You Know?</i> E3 Teacher's Edition: D C7
3.H.4.1.2 Describe the need to follow directions on product labels. (799.01.b)	Student Edition: B52-B53, C16, D7, E5-E8 <i>Lesson Review</i> E9 <i>Life Skills</i> E18-E19 <i>On Your Own</i> B59 Teacher's Edition: D E6; FL B53; QS E4

STANDARDS	PAGE REFERENCES
3.H.4.1.3 Explore various health care careers. (799.01.c)	<p>Student Edition: B13, C5, C70, D6, D52, E11 <i>Activities & Projects</i> E40 <i>Chapter Review</i> E20 <i>Lesson Review</i> E13 <i>Log On</i> A63, C5, E11 <i>What Do You Know?</i> E3</p> <p>Teacher’s Edition: C B13, C5, C70, D6, D52, E11</p>
Standard 5: Mental and Emotional Wellness	
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	
3.H.5.1.1 Describe appropriate actions in response to one’s own emotions. (800.01.a)	<p>Student Edition: A16-A19, A63 <i>Lesson Review</i> A63 <i>Log On</i> A41 <i>What Do You Know?</i> A3</p> <p>Teacher’s Edition: D A18, A63</p>
3.H.5.1.2 Identify ways that people are unique and worthwhile, both physically and emotionally. (800.01.b)	<p>Student Edition: A10-A13, A67, D52 <i>Lesson Review</i> A15</p> <p>Teacher’s Edition: D A13, A67; D52</p>
3.H.5.1.3 Recognize the benefits of exercise and how it enhances mental and emotional health. (800.01.c)	<p>Student Edition: A39, C21 <i>Lesson Review</i> A39</p> <p>Teacher’s Edition: D C21; OI C21; Te A39</p>
3.H.5.1.4 Describe ways of keeping one’s self safe. (800.01.d)	<p>Student Edition: B31, B59-B60, C31, C43-C45, C49-C52, C55-C57, C61-C63, C66-C67 <i>Activities & Projects</i> C80 <i>Chapter Review</i> C38, C78 <i>Lesson Review</i> C47, C53, C63 <i>Life Skills</i> A32-A33</p> <p>Teacher’s Edition: D B31, B60, C45; HB C50; PE C51; SC C17; SS A8, C45; WC C46</p>

STANDARDS	PAGE REFERENCES
3.H.5.1.5 Recognize the impact of drug use. (800.01.e)	<p>Student Edition: A21, D11-D12, D17-D18, D25-D27 <i>Chapter Review</i> D30 <i>Lesson Review</i> D15, D29 <i>Activities & Projects</i> D56</p> <p>Teacher's Edition: CE D11</p>