



Health & Wellness

GRADE 4

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STANDARDS	PAGE REFERENCES
Standard 1: Healthy Lifestyles	
Goal 1.1: Acquire the essential skills to lead a healthy life.	
4.H.1.1.1 Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being. (805.01.a)	Student Edition: A35, B11, B56-B57, C21, D48 <i>Chapter Review</i> A41 #18, B34-B35, C43 #17 <i>Lesson Review</i> A37, D49 <i>Life Skills</i> B32-B33, B60-B61 <i>Log On</i> E3 Teacher's Edition: D A34, D35
4.H.1.1.2 Identify characteristics and causes of diseases and disorders. (805.01.b)	Student Edition: D38-D41, D51, D56-D60, D63-D65, D66-D67 <i>Chapter Review</i> D70-D71 <i>Health Online</i> D51 <i>Lesson Review</i> D43, D53, D65 Teacher's Edition: D D41, D51, D59, D63; IC D57; QS D38; SS D42; T28-T29, T30-T33

STANDARDS	PAGE REFERENCES
4.H.1.1.3 Recognize a safe environment and demonstrate readiness skills that deal with emergency situations. (805.01.c)	<p>Student Edition: C38-C39, C47-C51, C53-C57, C59-C63, C65-C69, C75-C77, C80-C83 <i>Chapter Review</i> C86-C87 <i>Lesson Review</i> C39, C51, C57, C63, C69, C85 <i>Life Skills</i> C78-C79</p> <p>Teacher’s Edition: AC A7; D C47, C53, C55, C67, C75; HA C48, C56; HB C50, C83; IC C81; PE C83; QS C46</p>
4.H.1.1.4 Identify the range of emotions experienced and the connection between our minds and bodies. (805.01.d)	<p>Student Edition: A26-A29, A51 <i>Chapter Review</i> A40-A41 <i>Lesson Review</i> A31 <i>Log On</i> A41</p> <p>Teacher’s Edition: D A27; HA A29; QS A50</p>
4.H.1.1.5 Identify substances, their use, and abuse. (805.01.e)	<p>Student Edition: D7-D8, D11-D13, D17-D19, D25-D29, D32-D33 <i>Chapter Review</i> D34-D35 <i>Lesson Review</i> D9, D15, D21, D29, D33 <i>Log On</i> D35 <i>What Do You Know?</i> D3</p> <p>Teacher’s Edition: D D19; HB D13; IC D25; LA D27</p>
4.H.1.1.6 Identify the nutritional benefits of different foods. (805.01.f)	<p>Student Edition: B38-B43 <i>Lesson Review</i> B43 <i>Log On</i> B37</p> <p>Teacher’s Edition: D B40, B41; HB B42</p>
4.H.1.1.7 Recognize growth and development as a life-long process. (805.01.g)	<p>Student Edition: B22-B25, B27-B28, B30-B31 <i>Chapter Review</i> B34 #7 <i>Lesson Review</i> B25, B31 <i>Log On</i> B35</p> <p>Teacher’s Edition: B22, B23</p>

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4.H.1.1.8 Describe the role of families and friends have in affecting our health. (805.01.h)	Student Edition: A48-A49, A60-A61, A71 <i>Lesson Review</i> A49 <i>Log On</i> A43, A79 Teacher's Edition: D A49, A61, A71
4.H.1.1.9 Determine factors involved in selecting and using health information, products, and services. (805.01.i)	Student Edition: A17 <i>Chapter Review</i> C43 #21 <i>Lesson Review</i> A77, B7, C15, E39 <i>Life Skills</i> B69, C15, C40-C41, C85, D53, E21, E39 Teacher's Edition: HA A35, E20; LS B69, C15, D53, E21; Te A77
4.H.1.1.10 Determine factors that influence the health of our environment. (805.01.j)	Student Edition: E26-E30 <i>Chapter Review</i> E46-E47 <i>Lesson Review</i> E31 <i>Log On</i> E25, E47 <i>Physical Education</i> E29 <i>What Do You Know?</i> E25 Teacher's Edition: D E28, E29; HA E29; HB E37
Standard 2: Risk Taking Behavior	
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
4.H.2.1.1 Describe the healthy living habits that can reduce the risk of illness and injury. (806.01.a)	Student Edition: B64-B65, C38, C47-C51, C53-C55, C60-C63, C68, C81, C83, D6-D7, D8, D42, D48-D49 <i>Chapter Review</i> C86, D71 #18 <i>Lesson Review</i> C39, C51, C57, C63, C69, C85, D43, D49, D61 <i>Log On</i> C45 Teacher's Edition: D C63; HA C48, C55, D58; PE C61, C83

STANDARDS	PAGE REFERENCES
4.H.2.1.2 Recognize how the actions of one person can affect the behavior of another. (806.01.b)	<p>Student Edition: A45, A71, A75, B37, C71 <i>Chapter Review</i> A79 <i>Lesson Review</i> A77 <i>Life Skills</i> D22-D23</p> <p>Teacher’s Edition: D A45, A71</p>
4.H.2.1.3 Identify high-risk situations and behaviors that pose a risk to one’s self and others. (806.01.c)	<p>Student Edition: A6, A30, A70-A71, B64-B65, C67, C71, D8, D11-D13, D17-D19, D25-D29 <i>Chapter Review</i> A41 #24, A79 #20, D34-D35 <i>Lesson Review</i> A55, B65, D9 <i>Life Skills</i> D22 <i>Log On</i> D3, D35 <i>What Do You Know?</i> D3</p> <p>Teacher’s Edition: D A71, C67, D13, D19; HB D13; WC C67</p>
4.H.2.1.4 Identify the impact of risky behaviors on personal and family health. (806.01.d)	<p>Student Edition: A6, A30, A71, C67, C71, D12 <i>Chapter Review</i> D34 #8 <i>Lesson Review</i> A31, D15 #2, D29 <i>Life Skills</i> A56-A57, C73</p> <p>Teacher’s Edition: D C67, C71; WC C67</p>
Standard 3: Communication Skills for Healthy Relationships	
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	
4.H.3.1.1 Identify the causes and effects of conflict in schools and families. (807.01.a)	<p>Student Edition: A53-A55 <i>Lesson Review</i> A55 <i>Life Skills</i> A56-A57, C73, E31</p> <p>Teacher’s Edition: D A53</p>
4.H.3.1.2 Demonstrate refusal and decision-making skills as they relate to substance use and abuse. (807.01.b)	<p>Student Edition: <i>Chapter Review</i> D35 #19 <i>Lesson Review</i> D29 <i>Life Skills</i> D9, D21, D22-D23, D29</p> <p>Teacher’s Edition: LS D9, D29</p>

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4.H.3.1.3 Identify interpersonal communication skills that can be used to build interactions between family, friends, and community. (807.01.c)	Student Edition: <i>Lesson Review</i> A31, B31, B49, C29, C77 <i>Life Skills</i> A31, B31, B48, C29, C77 Teacher's Edition: HA A47, B6, C55, D60; LS A31, B31, B48, C29, C77
Standard 4: Consumer Health	
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	
4.H.4.1.1 Identify reliable sources of personal health information, products, and services. (808.01.a)	Student Edition: A16, D11, D21, E18-E20 <i>Chapter Review</i> A41, A77, B7, C43, D34, E22-E23 <i>Health Online</i> C13 <i>Lesson Review</i> B69, C15, C85, D15, E21 <i>Life Skills</i> B7, B69, C15, C40-C41, C85, D53, E21 Teacher's Edition: D C17, E5; HA B29; HB E6; SS C68
4.H.4.1.2 Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse. (808.01.b)	Student Edition: B52, C17, E5-E7 <i>Chapter Review</i> E22 <i>Lesson Review</i> B53, E7 <i>Life Skills</i> B53 Teacher's Edition: D C17, E5; HA B29; HB E6; SS C68
4.H.4.1.3 Identify the different community agencies that promote the health and well-being of personal environment. (808.01.c)	Student Edition: D13, D21, E17-E20 <i>Chapter Review</i> E22-E23 <i>Lesson Review</i> D15 <i>Life Skills</i> D21 Teacher's Edition: HB C12, C55, E18; WC C34

STANDARDS	PAGE REFERENCES
<p>Standard 5: Mental and Emotional Wellness</p>	
<p>Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.</p>	
<p>4.H.5.1.1 Recognize healthy ways to express personal emotions and feelings. (809.01.a)</p>	<p>Student Edition: A26-A29, A75 <i>Activities & Projects</i> A80 <i>Chapter Review</i> A40-A41, A78-A79 <i>Lesson Review</i> A31 <i>Life Skills</i> A31 Teacher’s Edition: D A27; HA A29; QS A74</p>
<p>4.H.5.1.2 Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities. (809.01.b)</p>	<p>In addition to using the page references in 4.H.5.1.1, the following also can be used to meet this standard. Student Edition: <i>Chapter Review</i> D71 #20 <i>Log On</i> D71</p>
<p>4.H.5.1.3 Identify physical activities that promote fitness and the relief of mental and emotional tensions. (809.01.c)</p>	<p>Student Edition: A30, A34-A35 <i>Lesson Review</i> A31 #4 <i>Log On</i> A3</p>
<p>4.H.5.1.4 Take responsibility for the safety of one’s self and others. (809.01.d)</p>	<p>Student Edition: C34 <i>Chapter Review</i> C86-C87 <i>Lesson Review</i> C57, C63 #4, C69, C85</p>
<p>4.H.5.1.5 Identify ways to avoid negative social influences and pressures to use alcohol, tobacco, and other drugs. (809.01.e)</p>	<p>Student Edition: C66-C67, C68, C71-C72, D8, D14-D15, D20-D21, D31, D33 <i>Chapter Review</i> C86, D34-D35 <i>Lesson Review</i> C69, C73, D9, D33 <i>Life Skills</i> D22-D23 <i>Log On</i> D3 Teacher’s Edition: D C67, D14, D31; MC C68; Te C69</p>