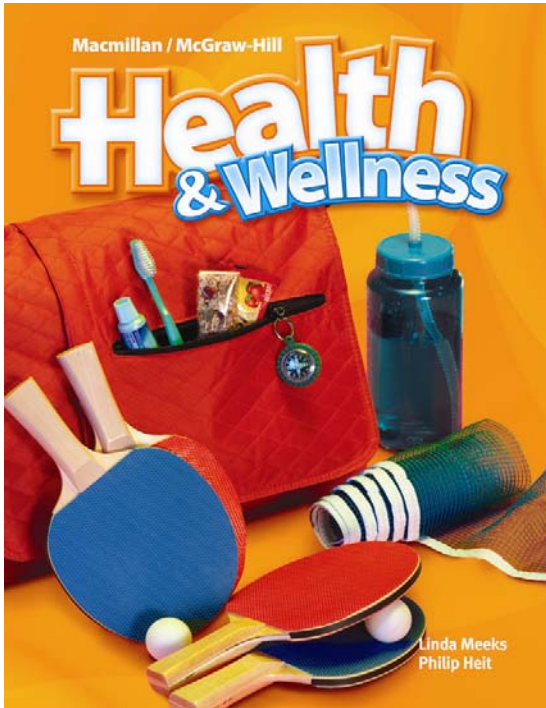
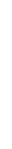




Macmillan/McGraw-Hill

Content Standards  
Grade 5 Health



# Health & Wellness

**GRADE 5**

© 2008

STANDARDS	PAGE REFERENCES
<b>Standard 1: Healthy Lifestyles</b>	
<b>Goal 1.1: Acquire the essential skills to lead a healthy life.</b>	
5.H.1.1.1 Explain the importance of an active lifestyle leading to life-long health. (814.01.a)	<b>Student Edition:</b> A5, B24, C17, C18-C19, C23, D65, D73 <i>Activity: Life Skills</i> D65 <i>Activities and Projects</i> D80 <b>Teacher's Edition:</b> DI C17, C19; LA D61, D67
5.H.1.1.2 Describe characteristics and causes of diseases and disorders. (814.01.b)	<b>Student Edition:</b> D45-D49, D58-D59, D61-D-65, D67-D69, D73-D77 <i>Science Link</i> D61 <i>Activity: Life Skills</i> D77 <b>Teacher's Edition:</b> DI D62, D69, D73; LA D45; SC D75

STANDARDS	PAGE REFERENCES
5.H.1.1.3 Describe basic first aid and safety rules. (814.01.c)	<p><b>Student Edition:</b> C30-C33, C43-C47, C49-C53, C61-C65 <i>Activity: Physical Education Link</i> C32 <i>Activity: Life Skills</i> C47, C51, C65 <i>Health Online</i> C31</p> <p><b>Teacher's Edition:</b> AC C44; DI C32, C49; ITC C33; LA C31, C43, C61</p>
5.H.1.1.4 Identify emotions that accompany physical growth and development. (814.01.d)	<p><b>Student Edition:</b> A23-A27, B22</p> <p><b>Teacher's Edition:</b> DI B22; HA B23</p>
5.H.1.1.5 Identify the effects of substances and their use and abuse. (814.01.e)	<p><b>Student Edition:</b> D8, D11-D15, D17-D21, D25-D29 <i>Activity: Science Link</i> D18 <i>Activities and Projects</i> D80 <i>Science Link</i> D13</p> <p><b>Teacher's Edition:</b> DI D19; HA D13; LA D11</p>
5.H.1.1.6 Identify the strategies for developing healthy eating habits. (814.01.f)	<p><b>Student Edition:</b> B37-B41, B43-B47 <i>Activity: Life Skills</i> B39, B47 <i>Learning Life Skills</i> B48-B49 <i>On Your Own</i> B44</p> <p><b>Teacher's Edition:</b> AC B40; DI B44</p>
5.H.1.1.7 Recognize factors that affect growth and development. (814.01.g)	<p><b>Student Edition:</b> A5, A47, A66-A67, A69-A73, A75-A79, A81-A83, B22 <i>Activity: Life Skills</i> A67, A77</p> <p><b>Teacher's Edition:</b> DI A79; LA A47</p>
5.H.1.1.8 Identify environmental health issues and their relationship to a healthy lifestyle. (814.01.h)	<p><b>Student Edition:</b> E33-E35, E41-E45, E47-E49, E51-E53 <i>Activity: Life Skills</i> E49, E53 <i>Consumer Wise</i> E41 <i>Learning Life Skills</i> E38-E39</p> <p><b>Teacher's Edition:</b> DI E33, DE34; URS E33</p>

STANDARDS	PAGE REFERENCES
<b>Standard 2: Risk Taking Behavior</b>	
<b>Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</b>	
5.H.2.1.1 Evaluate healthy living habits that can reduce the risk of illness and injury. (815.01.a)	<b>Student Edition:</b> A6, B51-B53, C6-C7, D49, D54-D55 <i>Activity: Life Skills</i> D49 <i>Health Online</i> B52 <b>Teacher’s Edition:</b> DI A6, D49; LA B51
5.H.2.1.2 Describe behaviors/consequences of drug use. (815.01.b)	<b>Student Edition:</b> D12-D13, D18-D19; D25-D29 <i>Activity: Science Link</i> D13, D18 <b>Teacher’s Edition:</b> DI D25, D26; HA D13; LA D25
5.H.2.1.3 Identify strategies for resisting substance abuse. (815.01.c)	<b>Student Edition:</b> A32-A33, D37 <i>Activity: Build Character</i> A33 <i>Activity: Life Skills</i> A33, D9, D39 <b>Teacher’s Edition:</b> DI A32
5.H.2.1.4 Explain the impact of risky behaviors on personal and family health. (815.01.d)	<b>Student Edition:</b> A7, A39, B13, B17, D25, D55 <b>Teacher’s Edition:</b> DI A7; LA D25
<b>Standard 3: Communication Skills for Healthy Relationships</b>	
<b>Goal 3.1: Demonstrate the ability to use communication skills to enhance health.</b>	
5.H.3.1.1 Explain the causes and effects of conflict in schools and families. (816.01.a)	<b>Student Edition:</b> A59, A70-A71, A77, C67 <b>Teacher’s Edition:</b> DI A60; LA A59, C67; URS A59
5.H.3.1.2 Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse. (816.01.b)	<b>Student Edition:</b> A29, A32, A81, D14-D15, D37 <i>Activity: Life Skills</i> A33, B47, C77, D39 <i>Learning Life Skills</i> A84-A85 <b>Teacher’s Edition:</b> DI A32, A81, D14

STANDARDS	PAGE REFERENCES
5.H.3.1.3 Describe how interpersonal communication skills can be used to build interactions between family, friends, and community. (816.01.c)	<b>Student Edition:</b> A53-A57, A61, A73 <i>Activity: Life Skills A57</i> <b>Teacher's Edition:</b> DI A54, A56; LA A53
<b>Standard 4: Consumer Health</b>	
<b>Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.</b>	
5.H.4.1.1 Explain the validity of health information, products, and services. (817.01.a)	<b>Student Edition:</b> A11, E5-E9 <i>Activity: Life Skills A73, B39, C36, E37</i> <i>Consumer Wise B17</i> <b>Teacher's Edition:</b> DI A11, E6, E8
5.H.4.1.2 List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse. (817.01.b)	<b>Student Edition:</b> A30,B43, B60, D32, E6-E7, E9 <i>Activity: Life Skills D21</i> <i>Consumer Wise A30</i> <b>Teacher's Edition:</b> DI E6
5.H.4.1.3 Describe community factors that promote wellness, safety, and disease prevention. (817.01.c)	<b>Student Edition:</b> E17-E21 <i>Activity: Life Skills E21</i> <b>Teacher's Edition:</b> DI E17, E18, E19, E20
<b>Standard 5: Mental and Emotional Wellness</b>	
<b>Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.</b>	
5.H.5.1.1 Identify skills that positively control and express personal emotions and feelings. (818.01.a)	<b>Student Edition:</b> A22-A27 <i>Activity: Life Skills A24</i> <b>Teacher's Edition:</b> DI A23; HA A25; LA A23; WC A25

STANDARDS	PAGE REFERENCES
5.H.5.1.2 Identify and practice effective strategies for stress management. (818.01.b)	<p><b>Student Edition:</b> A35-A39 <i>On Your Own</i> A37 <i>Activity: Life Skills</i> A39, B29, D29 <i>Activities and Projects</i> A88</p> <p><b>Teacher’s Edition:</b> HA A38; LA A35; WC A37</p>
5.H.5.1.3 Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions. (818.01.c)	<p><b>Student Edition:</b> A26-A27, A37, B24, C17, C23 <i>Write About It</i> A26</p> <p><b>Teacher’s Edition:</b> DI C17; HA A26</p>
5.H.5.1.4 Define emotional safety. (818.01.d)	<p>The following pages can be used to meet this standard.</p> <p><b>Student Edition:</b> A23-A25, A53, A56</p> <p><b>Teacher’s Edition:</b> DI A24, A56; HA A25</p>
5.H.5.1.5 Identify behaviors that influence the use of alcohol, tobacco, and other drugs. (818.01.e)	<p><b>Student Edition:</b> A7, A17, A20-A21, A29-A33, D31-D32</p> <p><b>Teacher’s Edition:</b> DI A31, D14, D31, D32</p>