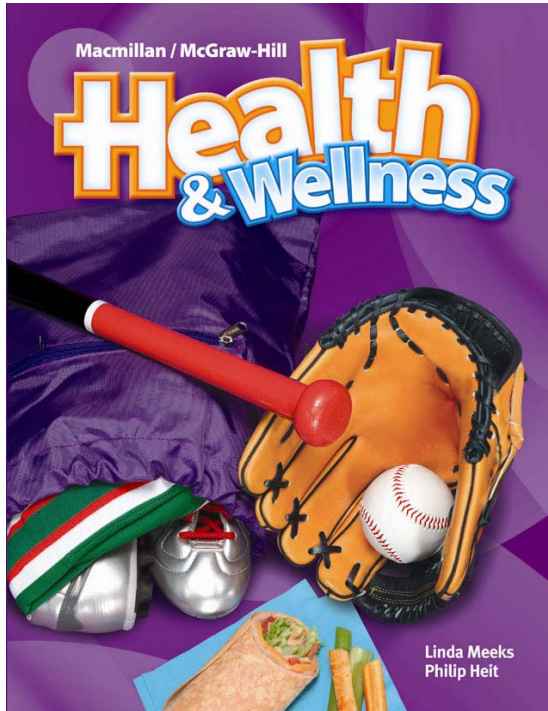




Macmillan/McGraw-Hill

Course of Study
Health Education
Third Grade



Health & Wellness

GRADE 3

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CORRELATION TO ALABAMA
COURSE OF STUDY

STANDARDS	PAGE REFERENCES
Community and Consumer Health	
1. Recognize media messages affecting consumer health decisions.	Student Edition: B51, D19, E7, E8 <i>Lesson Review</i> D21, E9, E17 Teacher's Edition: CW A20, E8; D D19, E7
Environmental Health	
2. Relate common health problems to environmental factors. Examples: flu and colds due to germ transmission indoors, sunburn due to overexposure to the sun	Student Edition: A35, B59, C15, D18, D33, D34, D35, D36-D37, D44, D48, D49, D51, E26-E27 Teacher's Edition: T28-T29, T32-T33; D A35, C15, D36, D37, D48, D49; HB D51

STANDARDS	PAGE REFERENCES
Family Health	
3. Describe factors that may cause changes in family units. Examples: death, divorce, remarriage, birth, adoption, promotion, relocation	Student Edition: A62-A63 Teacher's Edition: D A62, A6
Personal Health and Safety	
4. Identify behaviors that should be reported to responsible adults. Examples: use of drugs, tobacco, or alcohol; incidences of abuse, neglect, or physical fighting or threats	Student Edition: A29, A51, A54, C46, C61, C62, C63, C73, D28, D29 <i>Life Skills</i> C53 Teacher's Edition: D A51
5. Explain why having friends with health conditions or special needs can be safe.	Student Edition: A47, A67, D46, D52 Teacher's Edition: D A47, A67, D52
Mental and Emotional Health	
6. Identify ways to create and maintain healthy friendships. Examples: using assertive communication skills, disagreeing respectfully	Student Edition: A24-A25, A26-A27, A45-A46, A47-A48, A50-A51, A52-A53, A66, C36 Teacher's Edition: D A25, A26, A47, A52, A53; MD A48
7. Identify resources that assist with mental and emotional health. Examples: school—school nurse, guidance counselor, administrator, school resource officer community—parent or other trusted adult	Student Edition: C62, D29, D39, D40, E3, E5, E6, E7, E10, E11, E12-E13 <i>Lesson Review</i> E9 <i>Life Skills</i> B43, D21 <i>Practice Life Skills</i> E21 Teacher's Edition: D E5, E6, E7, E11, E12; IP E13; QS E10

STANDARDS	PAGE REFERENCES
Nutrition	
<p>8. List a food source for each of the major nutrients.</p> <p>Examples: proteins and fats—meat carbohydrates and vitamins—vegetables water and minerals—fruit</p>	<p>Student Edition: B39, B62 <i>Lesson Review</i> B43</p> <p>Teacher’s Edition: CL B36; IC B39; LS B43</p>
<p>9. Identify portion sizes and number of daily servings needed from each food group using MyPyramid.</p> <ul style="list-style-type: none"> • Choosing food and beverages based on balance, moderation, and variety • Explaining nutrient and caloric information found on a nutrition facts label 	<p>Student Edition: B37, B40-B41, B42-B43, B44-B45. B46-B47, B48, B52-B53, B62-B63 <i>Lesson Review</i> B49</p> <p>Teacher’s Edition: D B52-B53; HA B42; ID B40-B41; MC B41</p>
Prevention and Control of Disease	
<p>10. Describe types, causes, and symptoms of communicable and noncommunicable diseases.</p>	<p>Student Edition: D34-D35, D36-37, D38-D39, D46, D47, D48, D49, D50, D51, D54, D55 <i>Lesson Review</i> D53</p> <p>Teacher’s Edition: T30-T31, T32-T33; D D36, D37, D38, D39, D47, D48, D49, D50, D51</p>
Substance Use and Abuse	
<p>11. Identify skills needed to make healthy decisions regarding the use of drugs or other harmful substances.</p> <p>Examples: resistance skills, resilience skills</p>	<p>Student Edition: D14, D20, D22, D23, D26, D28 <i>Lesson Review</i> D15, D21 <i>Practice Life Skills</i> D31</p> <p>Teacher’s Edition: D D14, D20, D22, D28</p>
<p>12. Identify safety rules for using medicine.</p> <p>Examples: following directions on personal prescriptions, avoiding the sharing of personal medications with others</p>	<p>Student Edition: D4, D5, D6-D7, D8-D9, D42 <i>Lesson Review</i> D43</p> <p>Teacher’s Edition: D D5, D8; II D7</p>
<p>13. Distinguish between legal and illegal drugs.</p>	<p>Student Edition: D5, D9, D26-D27, D42 <i>Lesson Review</i> D29</p> <p>Teacher’s Edition: URS D25</p>