



GRADE 4

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CORRELATION TO ALABAMA  
COURSE OF STUDY

STANDARDS	PAGE REFERENCES
<b>Community and Consumer Health</b>	
1. Compare health-related advertisements regarding “truth-in-advertising.”	<b>Student Edition:</b> B52, C17, E5-E7 <i>Activity: Life Skills</i> A19, B53, C15, C19 <i>Consumer Wise</i> C17 <i>Learning Life Skills</i> B60-B61 <b>Teacher’s Edition:</b> ITI B52
<b>Environmental Health</b>	
2. Explain ways industry impacts environmental and community health. Examples: land, air, noise, or water pollution; disposal of hazardous waste	<b>Student Edition:</b> E27-E29, E35, E36-E38 <b>Teacher’s Edition:</b> DI E28, E29; ITI E29; LA E27

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<p>3. Identify environmental health issues related to home and work. Examples: waste disposal, stagnant water, mold</p>	<p><b>Student Edition:</b> E30, E36-E39, E41-E44 <i>Activity: Build Character</i> E30 <i>Activity: Consumer Wise</i> E42 <i>Activity: Life Skills</i> E31, E39, E45 <i>Make a Difference</i> E35 <i>Math Link</i> E41 <b>Teacher's Edition:</b> DI E30, E38, E43; HA E30</p>
<b>Family Health</b>	
<p>4. Explain the importance of communication within the family unit.</p>	<p><b>Student Edition:</b> A45-A47, A60-A61, A63-A66 <b>Teacher's Edition:</b> DI A61, A64; HA A47</p>
<b>Personal Health and Safety</b>	
<p>5. Identify benefits of adequate sleep, nutrition, and exercise for the body. Examples: mental alertness, strong immune system, healthy weight</p>	<p><b>Student Edition:</b> A35, B11, B19, B39-B43, B55, B67, C21-C23, C39, D48 <b>Teacher's Edition:</b> DI A35, B19, B39, C23, C39</p>
<p>6. Describe the importance of personal hygiene health habits related to puberty and adolescence.</p>	<p><b>Student Edition:</b> C7, C12-C15, C17-C19 <i>Activity: Life Skills</i> C15 <i>Activity: On Your Own</i> B12 <b>Teacher's Edition:</b> DI C12, C17; LA C17; TC C18</p>
<b>Mental and Emotional Health</b>	
<p>7. Describe healthful ways to express emotions. Examples: journaling, talking to an older sibling or trusted adult</p>	<p><b>Student Edition:</b> A28-A29, A51-A54 <i>Activity: Life Skills</i> A55 <i>Activities and Projects</i> A80 <i>Learning Life Skills</i> A56-A57 <b>Teacher's Edition:</b> DI A28, A52; ELL A53; LA A51</p>

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<p>8. Identify ways to respect personal boundaries of others.</p> <p>Examples: responding to nonverbal cues, tolerating opinions, recognizing personal space</p>	<p><b>Student Edition:</b> A45, A53, A69, A76-A77 <i>Activity: Life Skills A77</i></p> <p><b>Teacher’s Edition:</b> DI A45, A69; LA A45</p>
<b>Nutrition</b>	
<p>9. Utilize information on food labels to determine the nutritional value of various foods.</p> <ul style="list-style-type: none"> <li>Describing healthy meals and snacks</li> </ul>	<p><b>Student Edition:</b> B51, B55-B57 <i>Health Online B57</i> <i>Learning Life Skills B60-B61</i></p> <p><b>Teacher’s Edition:</b> DI B51; LA B51; URS B55</p>
<p>10. Explain relationships among nutrition, health, and wellness.</p> <p>Examples: Impact of following national dietary guidelines, long-term effects of eating saturated fats, risks of excessive sugar and caffeine intake</p> <ul style="list-style-type: none"> <li>Describing how media, culture, and availability influence food choices</li> <li>Identifying safe food-handling practices Examples: following recommended cleaning, cooking, and storing practices</li> </ul>	<p><b>Student Edition:</b> B45-B47, B52-B53, B55, B64-B65, E5-E7 <i>Activity: Life Skills B53, B65</i> <i>Learning Life Skills B60-B61</i></p> <p><b>Teacher’s Edition:</b> DI B46, B47, B48, B64; ITC B45; ITI B52; LA B55</p>
<b>Prevention and Control of Disease</b>	
<p>11. Differentiate between acute and chronic medical conditions.</p> <p>Examples: acute—flu, strep throat chronic—asthma, diabetes</p>	<p>The following page references can be used to meet this standard.</p> <p><b>Student Edition:</b> D52, D57-D60, D63, D67</p> <p><b>Teacher’s Edition:</b> DI D57; ITC D57</p>
<b>Substance Use and Abuse</b>	
<p>12. Describe physical effects of substance abuse on the body.</p> <p>Examples: shortness of breath, elevated heart rate, stained teeth, impaired judgment, addiction</p>	<p><b>Student Edition:</b> D11, D17-D19, D25-D29</p> <p><b>Teacher’s Edition:</b> DI D19, D26, D28; LA D25; URS D11</p>

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<p>13. Describe risk factors that can lead to substance abuse.</p> <p>Examples: peer pressure, family history, stress, depression, psychological disorders</p>	<p>The following page references can be used to meet this standard.</p> <p><b>Student Edition:</b>  A17-A21, A60-A61, A70-A71, D8, D31  <i>Activity: Life Skills</i> D9, D29  <i>Learning Life Skills</i> D22-D23</p> <p><b>Teacher's Edition:</b>  DI A18, D20; LA D11, D17</p>