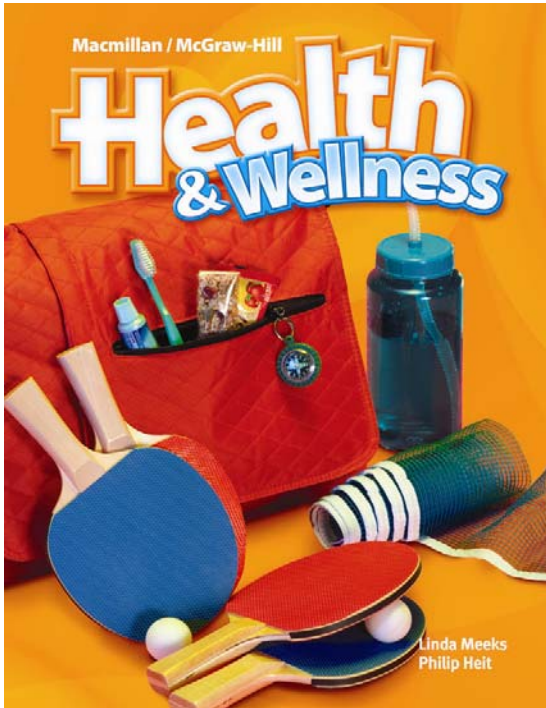
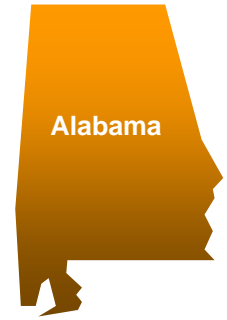




Course of Study  
Health Education  
Fifth Grade



# Health & Wellness

**GRADE 5**

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## CORRELATION TO ALABAMA COURSE OF STUDY

STANDARDS	PAGE REFERENCES
<b>Community and Consumer Health</b>	
<p>1. Name factors to consider when selecting health products. Examples: cost, safety, effectiveness, side effects</p>	<p><b>Student Edition:</b> A30, E4-E7 <i>Activity: Consumer Wise</i> A30 <i>Activity: Life Skills</i> E7 <b>Teacher's Edition:</b> DI E5; LA E5; QS E4</p>
<p>2. Compare health-related resources regarding reliability. Example: comparing professional journals to tabloid magazines</p>	<p><b>Student Edition:</b> A11, E8-E9 <i>Activity: Life Skills</i> A73 <b>Teacher's Edition:</b> DI A11, E8; HB E8</p>

STANDARDS	PAGE REFERENCES
<b>Environmental Health</b>	
<p>3. Describe ways individuals, businesses, and communities protect the environment. Examples: Adopt-a-Mile clean-up efforts, recycling projects, proper waste disposal procedures</p>	<p><b>Student Edition:</b> E20-E21, E44-E45, E47-E49, E51-E53 <i>Activity: Life Skills</i> E21, E43, E49, E53 <i>Activity: On Your Own</i> E45 <b>Teacher's Edition:</b> HA E43; ITI E20; LA E47, E51</p>
<b>Family Health</b>	
<p>4. Identify types of communication that influence family behavior. Examples: conversations during family meals, active listening</p>	<p><b>Student Edition:</b> A48-A49, A53-A57, A60-A61, A72-A73 <b>Teacher's Edition:</b> AC A49; DI A48, A56, A72, A73; LA A53</p>
<b>Personal Health and Safety</b>	
<p>5. Identify risky behaviors that affect personal health and safety. Examples: use of alcohol, tobacco, and other drugs; premarital sexual activity; self-mutilation</p>	<p><b>Student Edition:</b> A7, A32, D8, D11-D15, D17-D21, D25-D29 <i>Learning Life Skills: Critical Thinking</i> A84-A85, D22-D23 <b>Teacher's Edition:</b> CW A7; DI A7; LA D25</p>
<p>6. Recognize basic first aid skills. Examples: washing wounds with soap and water; applying the rest, ice, compression, elevation (RICE) technique to injured muscles or joints</p>	<p><b>Student Edition:</b> C33, C60-C64 <i>Activity: Life Skills</i> A65 <i>Lesson Review</i> C65 #1-#2, #4-#5 <b>Teacher's Edition:</b> DI C61; HA C64; ID C64; ITC C33; LA C61</p>
<b>Mental and Emotional Health</b>	
<p>7. Describe the impact of puberty on mental and emotional health.</p>	<p><b>Student Edition:</b> A23-B18, B22 <b>Teacher's Edition:</b> DI B22; HA B23; VS B22</p>
<p>8. Explain prevention and intervention techniques related to bullying.</p>	<p><b>Student Edition:</b> A81, C67-C69 <i>Activity: Life Skills</i> C69 <b>Teacher's Edition:</b> DI C69; LA C67</p>

STANDARDS	PAGE REFERENCES
<b>Nutrition</b>	
9. Identify factors in addition to nutrition that affect personal body shape and size. Examples: age, gender, height, genetics, society, activity level, illness	<b>Student Edition:</b> B27, B57-B61 <b>Teacher's Edition:</b> AC B60; DI B58
10. Describe the major components of MyPyramid, including food groups, number of servings, variety of foods, nutrients, and physical activity. <ul style="list-style-type: none"> <li>Distinguishing between healthy and unhealthy dietary patterns</li> </ul>	<b>Student Edition:</b> B38-B41, B43-B47 <i>Activity: Life Skills B39</i> <i>Learning Life Skills: Critical Thinking B48-B49</i> <b>Teacher's Edition:</b> DI B39, B40; ID B38
<b>Prevention and Control of Disease</b>	
11. Explain the body's natural defenses against diseases. Examples: skin serving as a barrier to germ invasion, fever triggering an immune response	<b>Student Edition:</b> D52-D53 <b>Teacher's Edition:</b> DI D52, D53
12. Recognize communicable diseases that are preventable through immunization. Example: measles; tetanus; hepatitis A, B, C	<b>Student Edition:</b> D53, E18 <i>Activity: On Your Own D53</i> <b>Teacher's Edition:</b> HB D53
<b>Substance Use and Abuse</b>	
13. Recognize prevention and intervention strategies for substance abuse. Examples: participating in drug abuse resistance education, community youth group activities, peer helping, and school service clubs	<b>Student Edition:</b> A32, D33-D35, D37 <i>Activity: Life Skills A33, D35</i> <i>Learning Life Skills: Critical Thinking D22-D23</i> <b>Teacher's Edition:</b> DI D34