

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Third Grade  
 Section/Heading: 3A.2

Strand: Personal Health and Safety

| Diocesan Standard<br>Terra Nova Objective | Benchmark Statement   |
|---|---|
| Personal Health and Safety                | Identify the personal responsibility for safety strategies. |

| Performance Indicators  |            |           |
|---|------------|-----------|
| <ol style="list-style-type: none"> <li>1. Demonstrate understanding of all procedures from previous year.</li> <li>2. Know proper care of minor injuries.               <ol style="list-style-type: none"> <li>a. Research procedures for nose bleed, burns, animal bites, bleeding, etc.</li> </ol> </li> <li>3. Know life threatening injuries and accident procedures to follow.               <ol style="list-style-type: none"> <li>a. Know basic procedures for shock, not breathing, head and eye injuries, choking, electric shock, etc.</li> </ol> </li> </ol> |            |           |
| Suggested Activities  | Assessment | Resources |
|   |            |           |

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Third Grade  
 Section/Heading: 3B.1

Strand: Substance Abuse and Use

| Diocesan Standard<br>Terra Nova Objective | Benchmark Statement                            |
|---|--|
| Substance Abuse and Use                   | Understand aspects of substance abuse and use. |

| Performance Indicators  |            |           |
|---|------------|-----------|
| <ol style="list-style-type: none"> <li>1. Identify the various social communities to which students belong.               <ol style="list-style-type: none"> <li>a. Demonstrate the social skills enabling them to be productive members of those groups.</li> <li>b. Recognize the consequences of their actions in these groups.</li> </ol> </li> <li>2. Define the legal use of drugs, specifically alcohol, tobacco and prescriptions.</li> </ol> |            |           |
| Suggested Activities  | Assessment | Resources |
|   |            |           |

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Third Grade  
 Section/Heading: 3C.1

Strand: Consumer Health

| Diocesan Standard<br>Terra Nova Objective | Benchmark Statement   |
|---|---|
| Consumer Health                           | Know the availability and effective use of health services, products and information. |

| Performance Indicators   |            |           |
|--|------------|-----------|
| <ol style="list-style-type: none"> <li>1. Identify health service provided by community agencies.</li> <li>2. Identify consumer products used at home and school and analyze positive and negative aspects of each.</li> </ol> |            |           |
| Suggested Activities   | Assessment | Resources |
|  |            |           |

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Third Grade  
 Section/Heading: 3D.1

Strand: Health and Disease Prevention

| Diocesan Standard<br>Terra Nova Objective | Benchmark Statement                               |
|---|---|
| Health and Disease Prevention             | Know how to maintain and promote personal health. |

| Performance Indicators   |            |           |
|--|------------|-----------|
| <ol style="list-style-type: none"> <li>1. Investigate and verify the existence and effects of disease causing microorganisms.</li> <li>2. Identify noncommunicable diseases that occur (cardiovascular, cancer, diabetes, arthritis, dental disease, obesity).</li> <li>3. Identify measures necessary to make the school and community as free of communicable diseases as possible.</li> <li>4. Demonstrate daily personal habits that contribute to good health (sleep, exercise, nutrition, posture, hygiene).</li> <li>5. Identify how to prevent common health problems (cleanliness-head lice, skin infections, diarrhea, nutrition-upset stomach, obesity).</li> <li>6. Describe why prevention, early detection and treatment are important in disease control (immunization, screening, observation, referral for private treatment).</li> </ol> |            |           |
| Suggested Activities   | Assessment | Resources |
|  |            |           |

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Third Grade  
 Section/Heading: 3E.1

Strand: Environment and Community

| Diocesan Standard<br>Terra Nova Objective | Benchmark Statement  |
|---|--|
| Environment and Community                 | Understand environmental and external factors that affect individual and community health. |

| Performance Indicators  |            |           |
|---|------------|-----------|
| <ol style="list-style-type: none"> <li>1. Demonstrate an understanding of how each type of pollution (air, water, land, noise and second-hand smoke) affects people’s health and what can be done by individuals to control the effects of the body.</li> <li>2. Analyze community and personal health practices which affect the environment.</li> </ol> |            |           |
| Suggested Activities  | Assessment | Resources |
|   |            |           |

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Third Grade  
 Section/Heading: 3F.1

Strand: Mental Health

| Diocesan Standard<br>Terra Nova Objective | Benchmark Statement                               |
|---|---|
| Mental Health                             | Know how to maintain mental and emotional health. |

| Performance Indicators   |            |           |
|--|------------|-----------|
| <ol style="list-style-type: none"> <li>1. Recognize the need for belonging, love, identity, success, self-worth and decision making which are basic to good mental health.</li> <li>2. Recognize mental health problems and how they can be prevented and/or controlled by one's own behavior and attitude.</li> </ol> |            |           |
| Suggested Activities   | Assessment | Resources |
|  |            |           |

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Third Grade  
 Section/Heading: 3G.1

Strand: Nutrition

| Diocesan Standard<br>Terra Nova Objective | Benchmark Statement                                     |
|---|---|
| Nutrition                                 | Understand essential concepts about nutrition and diet. |

| Performance Indicators   |            |           |
|--|------------|-----------|
| <ol style="list-style-type: none"> <li>1. Recognize that nutrition is a serious health problem that affects every person’s life and identify the risks associated with excessive intake of fat, sugar, sodium and empty calorie foods.</li> <li>2. Consider nutrient content in selecting healthful snack food items.</li> <li>3. Identify circumstances which inhibit individuals from choosing a balanced diet.</li> </ol> |            |           |
| Suggested Activities   | Assessment | Resources |
|  |            |           |