

**ELKHART COMMUNITY SCHOOLS**

**GRADE FOUR  
HEALTH CURRICULUM GUIDE**

**GRADE 4**  
**HEALTH EDUCATION CURRICULUM GUIDE**

*\*See Teacher Resource at the beginning of each chapter of the 2006 Teacher Edition for free materials and helpful websites.*

<b>Standard 1: Students will comprehend concepts related to health promotion and disease prevention.</b>			
<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.1.1 Identify responsible health behaviors.	Identifies not using alcohol or other drugs as a responsible health behavior.	Text assessments	-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association
4.1.2 Describes relationships between personal health behaviors and individual well-being.	Explains that tobacco use has a harmful effect on the heart and lungs and causes coughs, respiratory diseases, lung and mouth cancer, heart disease, high blood pressure, and stroke.		-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association
4.1.3 Identify examples of mental, emotional, social, and physical health during childhood.	Identifies being free from disease as an example of physical health.		-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association
4.1.4 Describe the relationship between physical health and emotional health.	Explains that too much stress can reduce the body's resistance to disease.		-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.1.5 Describe the basic structure and functions of the human body systems.	Explains that sensory nerves carry messages from sense organs (e.g., eyes see a stranger) to the brain, and that motor nerves carry messages from the brain to the body (e.g., tells muscles to run).		-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association
4.1.6 Describe how physical, social, and emotional environments influence personal health.	Describes how people who are caring and encouraging help their friends feel good about themselves.		-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association
4.1.7 Identify health problems of children that should be detected and treated early.	Explains that diabetes is a noninfectious disease of children and adults that should be detected and treated early.		-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association
4.1.8 Explain how childhood injuries and illnesses can be prevented and treated.	Identifies measures for preventing electrical shock.		-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association
4.1.9 Explain basic health terms and concepts.	Explains that aerobic exercises such as skating, fast walking, bike riding, and cross-country running build cardio respiratory endurance.		-County Health Department - PALS Officer - Just Say No - School nurse - American Cancer Society - American Heart Association

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<b>Standard 2: Students will demonstrate the ability to access and evaluate health information, products, and services.</b>			
<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.2.1 Describe the relationship between physical health and emotional health.	Explains that too much stress can reduce the body's resistance to disease.		<ul style="list-style-type: none"> <li>- American Red Cross</li> <li>- Health Department (Jim Starkey)</li> <li>- School Nurse</li> <li>- Pharmacist</li> <li>- PALS</li> <li>- Wellness Center (Jan Freeman, 523-7920, ext. 4726)</li> <li>- Elkhart General Hospital</li> <li>- Internet</li> </ul>
4.2.2 Demonstrate the ability to locate resources from home, school, and community that provide valid health information.	Demonstrates how to locate public health agencies (e.g., public health department) and voluntary health organizations (e.g., American Red Cross) that provide valid health information.		<ul style="list-style-type: none"> <li>- American Red Cross</li> <li>- Health Department (Jim Starkey)</li> <li>- School Nurse</li> <li>- Pharmacist</li> <li>- PALS</li> <li>- Wellness Center (Jan Freeman, 523-7920, ext. 4726)</li> <li>- Elkhart General Hospital</li> <li>- Internet</li> </ul>
4.2.3 Explain how media influences the selection of health information, products, and services.	Describes how alcohol advertisements make the use of alcohol look fun.		<ul style="list-style-type: none"> <li>- American Red Cross</li> <li>- Health Department (Jim Starkey)</li> <li>- School Nurse</li> <li>- Pharmacist</li> <li>- PALS</li> <li>- Wellness Center (Jan Freeman, 523-7920, ext. 4726)</li> <li>- Elkhart General Hospital</li> <li>- Internet</li> </ul>

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.2.4 Demonstrate the ability to locate school and community health helpers.	Demonstrates the ability to locate community health helpers such as dispatchers and sanitarians.		<ul style="list-style-type: none"> <li>- American Red Cross</li> <li>- Health Department (Jim Starkey)</li> <li>- School Nurse</li> <li>- Pharmacist</li> <li>- PALS</li> <li>- Wellness Center (Jan Freeman, 523-7920, ext. 4726)</li> <li>- Elkhart General Hospital</li> <li>- Internet</li> </ul>
4.2.5 Analyze information from the labels of health-related products.	Analyzes the label of over-the-counter medicines to determine their active ingredients and uses, warnings related to their use, and directions for correct use of the medicines.		<ul style="list-style-type: none"> <li>- American Red Cross</li> <li>- Health Department (Jim Starkey)</li> <li>- School Nurse</li> <li>- Pharmacist</li> <li>- PALS</li> <li>- Wellness Center (Jan Freeman, 523-7920, ext. 4726)</li> <li>- Elkhart General Hospital</li> <li>- Internet</li> </ul>

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<b>Standard 3: Students will demonstrate the ability to apply self-management skills to enhance health.</b>			
<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.3.1 Demonstrate how to apply skills to manage stress.	Demonstrates the ability to identify feelings and causes of stress and identify and use strategies to handle stress such as play, talking with friends or trusted adults, physical activity, listening to music, and deep breathing.		<ul style="list-style-type: none"> <li>- Peer Mediation/Conflict Resolutions</li> <li>- PALS</li> <li>- Grief and Anger Counselor (Tami at ECHS)</li> <li>- School Nurse</li> <li>- Rex Gleim of Ryan's Place</li> <li>- Bill Darwin</li> <li>- American Red Cross</li> <li>- HealthWorks, Memorial Hospital</li> <li>- Purdue County Extension, 533-0554</li> <li>- DNR Officer Wade</li> <li>- Elkhart County Health Department</li> </ul>
4.3.2 Demonstrate how to apply skills to manage grief and anger.	Demonstrates the ability to identify feelings associated with grief and identify and use strategies to deal with grief such as talking with a friend or trusted adult.		<ul style="list-style-type: none"> <li>- Peer Mediation/Conflict Resolutions</li> <li>- PALS</li> <li>- Grief and Anger Counselor (Tami at ECHS)</li> <li>- School Nurse</li> <li>- Rex Gleim of Ryan's Place</li> <li>- Bill Darwin</li> <li>- American Red Cross</li> <li>- HealthWorks, Memorial Hospital</li> <li>- Purdue County Extension, 533-0554</li> <li>- DNR Officer Wade</li> <li>- Elkhart County Health Department</li> </ul>

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.3.3 Demonstrate ways to avoid, reduce, and report threatening situations.	Demonstrates how to stay safe around weapons including telling a trusted adult about the weapon.		<ul style="list-style-type: none"> <li>- Peer Mediation/Conflict Resolutions</li> <li>- PALS</li> <li>- Grief and Anger Counselor (Tami at ECHS)</li> <li>- School Nurse</li> <li>- Rex Gleim of Ryan’s Place</li> <li>- Bill Darwin</li> <li>- American Red Cross</li> <li>- HealthWorks, Memorial Hospital</li> <li>- Purdue County Extension, 533-0554</li> <li>- DNR Officer Wade</li> <li>- Elkhart County Health Department</li> </ul>
4.3.4 Demonstrate the ability to identify personal health needs.	Demonstrates the ability to assess personal hygiene need (e.g., menstruation or odors related to perspiration) and identify behaviors that promote personal hygiene (e.g., use of sanitary products or deodorants).		<ul style="list-style-type: none"> <li>- Peer Mediation/Conflict Resolutions</li> <li>- PALS</li> <li>- Grief and Anger Counselor (Tami at ECHS)</li> <li>- School Nurse</li> <li>- Rex Gleim of Ryan’s Place</li> <li>- Bill Darwin</li> <li>- American Red Cross</li> <li>- HealthWorks, Memorial Hospital</li> <li>- Purdue County Extension, 533-0554</li> <li>- DNR Officer Wade</li> <li>- Elkhart County Health Department</li> </ul>

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.3.5 Demonstrate strategies to improve or maintain personal health and hygiene.	Demonstrates how to care for skin (bathing, use of sunscreen, protective clothing), hair, and nails.		<ul style="list-style-type: none"> <li>- Peer Mediation/Conflict Resolutions</li> <li>- PALS</li> <li>- Grief and Anger Counselor (Tami at ECHS)</li> <li>- School Nurse</li> <li>- Rex Gleim of Ryan's Place</li> <li>- Bill Darwin</li> <li>- American Red Cross</li> <li>- HealthWorks, Memorial Hospital</li> <li>- Purdue County Extension, 533-0554</li> <li>- DNR Officer Wade</li> <li>- Elkhart County Health Department</li> </ul>
4.3.6 Demonstrate injury prevention and management (first aid) strategies for personal health.	Demonstrates strategies for treating minor wounds and burns.		<ul style="list-style-type: none"> <li>- Peer Mediation/Conflict Resolutions</li> <li>- PALS</li> <li>- Grief and Anger Counselor (Tami at ECHS)</li> <li>- School Nurse</li> <li>- Rex Gleim of Ryan's Place</li> <li>- Bill Darwin</li> <li>- American Red Cross</li> <li>- HealthWorks, Memorial Hospital</li> <li>- Purdue County Extension, 533-0554</li> <li>- DNR Officer Wade</li> <li>- Elkhart County Health Department</li> </ul>



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<b>Standard 4: Students will demonstrate the ability to analyze the influence of family, culture, peers, community, media, and technology on health and health behaviors.</b>			
<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.4.1 Describe how family and school influences personal health behaviors.	Describes how adult family members and school personnel serve as role models for healthy behaviors such as not using tobacco.		<ul style="list-style-type: none"> <li>- Purdue County Extension</li> <li>- Elkhart General Hospital</li> <li>- Community Liaison Officer Stan McCray</li> <li>- PTO Volunteer, Three for Me at Northpoint Elementary PHM</li> <li>- Goshen College</li> <li>- Military Service Personnel</li> <li>- HealthWorks</li> </ul>
4.4.2 Describe how culture influences personal health behavior.	Describes how adult family members have different customs related to the use of alcohol such as always serving wine with dinner or not allowing the use of any form of alcohol.		<ul style="list-style-type: none"> <li>- Purdue County Extension</li> <li>- Elkhart General Hospital</li> <li>- Community Liaison Officer Stan McCray</li> <li>- PTO Volunteer, Three for Me at Northpoint Elementary PHM</li> <li>- Goshen College</li> <li>- Military Service Personnel</li> <li>- HealthWorks</li> </ul>
4.4.3 Explain how media influences thoughts, feelings, perceptions, and health behaviors.	Explains that television and magazines may make certain physical traits such as extreme thinness or very bulky muscles seem desirable when these traits and often risky behaviors that result in these traits are unhealthy.		<ul style="list-style-type: none"> <li>- Purdue County Extension</li> <li>- Elkhart General Hospital</li> <li>- Community Liaison Officer Stan McCray</li> <li>- PTO Volunteer, Three for Me at Northpoint Elementary PHM</li> <li>- Goshen College</li> <li>- Military Service Personnel</li> <li>- HealthWorks</li> </ul>

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.4.4 Describe ways technology can influence personal health behaviors.	Explains how technology has influenced the availability and nutritional value of food (e.g., drive up windows at fast food restaurants).		<ul style="list-style-type: none"> <li>- Purdue County Extension</li> <li>- Elkhart General Hospital</li> <li>- Community Liaison Officer Stan McCray</li> <li>- PTO Volunteer, Three for Me at Northpoint Elementary PHM</li> <li>- Goshen College</li> <li>- Military Service Personnel</li> <li>- HealthWorks</li> </ul>

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<b>Standard 5: Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.</b>			
<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	Demonstrates the ability to use nonverbal communication with verbal communication skills to refuse alcohol or other drugs.		<ul style="list-style-type: none"> <li>- Conflict Resolution</li> <li>- Counselor Kathy Mow</li> <li>- PALS (Police Assisting Local Schools, John Chevalier)</li> <li>- ADEC (Adult Disabled Elkhart County), Tracy Fashbaugh 848-7451</li> <li>- MDA – Fox 28</li> <li>- Love Way</li> <li>- American Council of the Blind, Sandy Lingofelter, 848-4010</li> </ul>
4.5.2 Describe characteristics needed to be a responsible friend and family member.	Describes a responsible friend or family member as someone who communicates with others, takes responsibility for their actions, and is cooperative, compassionate, supportive, honest, trustworthy, dependable, and respectful.		<ul style="list-style-type: none"> <li>- Conflict Resolution</li> <li>- Counselor Kathy Mow</li> <li>- PALS (Police Assisting Local Schools, John Chevalier)</li> <li>- ADEC (Adult Disabled Elkhart County), Tracy Fashbaugh 848-7451</li> <li>- MDA – Fox 28</li> <li>- Love Way</li> <li>- American Council of the Blind, Sandy Lingofelter, 848-4010</li> </ul>

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.5.3 Demonstrate healthy ways to express needs, wants, and feelings including I messages and assertive communication strategies rather than passive or aggressive communication strategies.	Demonstrate how to use assertive communication strategies rather than passive or aggressive communication strategies to communicate feelings.		<ul style="list-style-type: none"> <li>- Conflict Resolution</li> <li>- Counselor Kathy Mow</li> <li>- PALS (Police Assisting Local Schools, John Chevalier)</li> <li>- ADEC (Adult Disabled Elkhart County), Tracy Fashbaugh 848-7451</li> <li>- MDA – Fox 28</li> <li>- Love Way</li> <li>- American Council of the Blind, Sandy Lingofelter, 848-4010</li> </ul>
4.5.4 Demonstrate ways to communicate care, consideration, and respect of self and others.	Demonstrates how to communicate respect for others by showing how to be sensitive to the needs and feelings of someone who is different from them (e.g., student with a disability) and they do not know (e.g., a new student).		<ul style="list-style-type: none"> <li>- Conflict Resolution</li> <li>- Counselor Kathy Mow</li> <li>- PALS (Police Assisting Local Schools, John Chevalier)</li> <li>- ADEC (Adult Disabled Elkhart County), Tracy Fashbaugh 848-7451</li> <li>- MDA – Fox 28</li> <li>- Love Way</li> <li>- American Council of the Blind, Sandy Lingofelter, 848-4010</li> </ul>

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4.5.5 Demonstrate attentive listening skills to build and maintain healthy relationships.	Demonstrates attentive listening skills by showing not to pay careful attention to both verbal and nonverbal communication, listen to understand, not interrupt, and not talk when someone else is talking.		<ul style="list-style-type: none"> <li>- Conflict Resolution</li> <li>- Counselor Kathy Mow</li> <li>- PALS (Police Assisting Local Schools, John Chevalier)</li> <li>- ADEC (Adult Disabled Elkhart County), Tracy Fashbaugh 848-7451</li> <li>- MDA – Fox 28</li> <li>- Love Way</li> <li>- American Council of the Blind, Sandy Lingofelter, 848-4010</li> </ul>
4.5.6 Demonstrate refusal and negotiation skills to enhance health.	Demonstrates how to say no, give a reason or an excuse, suggest another activity, use humor, say no again, and walk away to refuse pressure to engage in unsafe behaviors that could lead to an injury or death (e.g., swimming without a lifeguard).		<ul style="list-style-type: none"> <li>- Conflict Resolution</li> <li>- Counselor Kathy Mow</li> <li>- PALS (Police Assisting Local Schools, John Chevalier)</li> <li>- ADEC (Adult Disabled Elkhart County), Tracy Fashbaugh 848-7451</li> <li>- MDA – Fox 28</li> <li>- Love Way</li> <li>- American Council of the Blind, Sandy Lingofelter, 848-4010</li> </ul>

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.5.7 Differentiate between negative and positive behaviors used in conflict situations.	Identifies teasing and shoving as negative behaviors and keeping things light and backing off as positive behaviors in conflict situations.		<ul style="list-style-type: none"> <li>- Conflict Resolution</li> <li>- Counselor Kathy Mow</li> <li>- PALS (Police Assisting Local Schools, John Chevalier)</li> <li>- ADEC (Adult Disabled Elkhart County), Tracy Fashbaugh 848-7451</li> <li>- MDA – Fox 28</li> <li>- Love Way</li> <li>- American Council of the Blind, Sandy Lingofelter, 848-4010</li> </ul>
4.5.8 Demonstrate nonviolent strategies to resolve conflicts.	Demonstrates how to resolve a conflict by showing how to stay calm and not make the conflict worse, assess risk of violence and leave if a weapon is present, agree that there is a problem, listen to the other person, work with them to identify choices to resolve the conflict, and compromise on a choice that is fair for both persons.		<ul style="list-style-type: none"> <li>- Conflict Resolution</li> <li>- Counselor Kathy Mow</li> <li>- PALS (Police Assisting Local Schools, John Chevalier)</li> <li>- ADEC (Adult Disabled Elkhart County), Tracy Fashbaugh 848-7451</li> <li>- MDA – Fox 28</li> <li>- Love Way</li> <li>- American Council of the Blind, Sandy Lingofelter, 848-4010</li> </ul>

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<b>Standard 6: Students will demonstrate the ability to implement decision-making and goal setting skills to enhance health.</b>			
<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.6.1 Explain when to ask for assistance in making health related decisions and setting health goals.	Explains that trusted adults should be asked for help when setting goals related to balancing food intake and physical activity.		<ul style="list-style-type: none"> <li>- Nutritionist, Elkhart General Hospital</li> <li>- PALS (Police Assisting Local Schools), John Chevalier</li> <li>- Counselor</li> <li>- National Honor Society</li> <li>- Athletes</li> <li>- Career Center</li> <li>- Lifeline, Erv Poke</li> <li>- <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></li> </ul>
4.6.2 Demonstrate the ability to apply a decision-making process to health issues and problems.	Demonstrates the ability to identify choices, identify what could happen as a result of each choice, make the best choice, and reflect on the result of the choice when making decisions related to not using alcohol or other drugs.		<ul style="list-style-type: none"> <li>- Nutritionist, Elkhart General Hospital</li> <li>- PALS (Police Assisting Local Schools), John Chevalier</li> <li>- Counselor</li> <li>- National Honor Society</li> <li>- Athletes</li> <li>- Career Center</li> <li>- Lifeline, Erv Poke</li> <li>- <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></li> </ul>

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.6.3 Predict outcomes of positive health decisions.	States the positive outcomes of not using tobacco.		<ul style="list-style-type: none"> <li>- Nutritionist, Elkhart General Hospital</li> <li>- PALS (Police Assisting Local Schools), John Chevalier</li> <li>- Counselor</li> <li>- National Honor Society</li> <li>- Athletes</li> <li>- Career Center</li> <li>- Lifeline, Erv Poke</li> <li>- <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></li> </ul>
4.6.4 Demonstrate the ability to set a personal health goal and monitor progress toward its achievement.	Demonstrates the ability to set a goal to consume more fruits and vegetables and use a chart for one week to keep track of their fruit and vegetable intake.		<ul style="list-style-type: none"> <li>- Nutritionist, Elkhart General Hospital</li> <li>- PALS (Police Assisting Local Schools), John Chevalier</li> <li>- Counselor</li> <li>- National Honor Society</li> <li>- Athletes</li> <li>- Career Center</li> <li>- Lifeline, Erv Poke</li> <li>- <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></li> </ul>



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<b>Standard 7: Students will demonstrate the ability to advocate for personal, family, and community health.</b>			
<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.7.1 Describe a variety of ways to convey accurate health information and ideas.	States that health information and ideas can be communicated through the use of slogans and posters.		<ul style="list-style-type: none"> <li>- Internet</li> <li>- Elkhart County Health Department</li> <li>- American Cancer Society</li> <li>- American Lung Association</li> <li>- Career Center, Posey Tucker</li> <li>- Tobacco Public Service Announcement</li> <li>- Parks and Recreation</li> <li>- Goshen College</li> <li>- Robert Ferguson, Square Dance</li> <li>- YMCA Camp Eberhart</li> </ul>
4.7.2 Demonstrate the ability to express information and ideas about health issues.	Demonstrates the ability to create a poster to express information and ideas about benefits of being physically active.		<ul style="list-style-type: none"> <li>- Internet</li> <li>- Elkhart County Health Department</li> <li>- American Cancer Society</li> <li>- American Lung Association</li> <li>- Career Center, Posey Tucker</li> <li>- Tobacco Public Service Announcement</li> <li>- Parks and Recreation</li> <li>- Goshen College</li> <li>- Robert Ferguson, Square Dance</li> <li>- YMCA Camp Eberhart</li> </ul>

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<b>Indicator</b>	<b>Example</b>	<b>Instructional/Assessment Strategy</b>	<b>Resource</b>
4.7.3 Identify community agencies that advocate for healthy individuals, families, and communities.	Identifies the American Lung Association and the American Cancer Society as voluntary health organizations that advocate for healthy individuals, families, and communities.		<ul style="list-style-type: none"> <li>- Internet</li> <li>- Elkhart County Health Department</li> <li>- American Cancer Society</li> <li>- American Lung Association</li> <li>- Career Center, Posey Tucker</li> <li>- Tobacco Public Service Announcement</li> <li>- Parks and Recreation</li> <li>- Goshen College</li> <li>- Robert Ferguson, Square Dance</li> <li>- YMCA Camp Eberhart</li> </ul>
4.7.4 Demonstrate the ability to influence and support others in making positive health choices.	Demonstrates the ability to create a bumper sticker to encourage others to not use tobacco.		<ul style="list-style-type: none"> <li>- Internet</li> <li>- Elkhart County Health Department</li> <li>- American Cancer Society</li> <li>- American Lung Association</li> <li>- Career Center, Posey Tucker</li> <li>- Tobacco Public Service Announcement</li> <li>- Parks and Recreation</li> <li>- Goshen College</li> <li>- Robert Ferguson, Square Dance</li> <li>- YMCA Camp Eberhart</li> </ul>