

**Elementary School Health Education
Course: Health Grade 3**

Disease Prevention and Control Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Communicable Diseases Day 1	<ul style="list-style-type: none"> Identify diseases as communicable
2	Communicable Diseases Day 2	<ul style="list-style-type: none"> Identify diseases as communicable
3	Communicable Diseases Day 3	<ul style="list-style-type: none"> Identify diseases as communicable (flu, cold, strep throat)
4	Non-Communicable Diseases	<ul style="list-style-type: none"> Identify diseases as non-communicable (asthma, allergies)

Nutrition and Fitness Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Nutrients	<ul style="list-style-type: none"> Identify and define functions of nutrients
2	Food and Health	<ul style="list-style-type: none"> Demonstrate the relationship among food intake, physical activity, and weight management (See PE department for coordination and resources)
3	Nutrition and Physical Activity Guidelines	<ul style="list-style-type: none"> Analyze the Nutrition Facts Label
4	Body Image	<ul style="list-style-type: none"> Identify and describe body image
5	Goal-Setting	<ul style="list-style-type: none"> Apply information using MyPlate to choose a healthy breakfast

Tobacco, Alcohol, and Other Drugs Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Medicine	<ul style="list-style-type: none"> Identify safe practices for using prescription and OTC drugs.
2	Tobacco	<ul style="list-style-type: none"> Identify and examine physical consequences of the use of tobacco
3	Alcohol	<ul style="list-style-type: none"> Identify and examine physical consequences of alcohol use
4	Caffeine	<ul style="list-style-type: none"> Identify caffeine as a drug

As of 1/2023, there are four units in grade 3 health education. Grade 3 health education curriculum is currently under HCPS review for alignment to MSDE Comprehensive Health Education Framework.

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Safety & Injury Prevention Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Abuse	<ul style="list-style-type: none">Lesson delivered by school counselor

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