

HEALTH/FAMILY LIFE
GRADE THREE COURSE CONTENT OUTLINE

- UNIT I. Injury Prevention and Personal Safety**
- Safe at home and away
 - Identifying emergencies
 - Defining child abuse & violence
- UNIT II. Nutrition**
- Responsible food choices
 - Nutrients & digestion
 - Food pyramid
- UNIT III. Functions of the Body**
- Eye function & operation
 - Digestive and immune systems
 - Responsible self care
- UNIT IV. Growth & Development/The Cycle of Family Life**
- Different types of families
 - Role of genes
 - Preventing discrimination
- UNIT V. HIV/AIDS and Illness Prevention**
- How germs spread
 - Communicable vs. other illness
 - Defense systems
- UNIT VI. Substance Abuse Prevention**
- Define drug-free safe community
 - Drug addiction (nicotine, alcohol, street drugs, medicines)
 - Refusal skills
- UNIT VII. Community Health & Safety (With Violence Prevention)**
- Describe local community helpers
 - Negotiation & conflict resolution
 - Bullying & harassment
- UNIT VIII. Self Worth, Mental and Emotional Health**
- Uniqueness of self and others
 - Respect for self & pride in heritage
 - Grief and loss
- UNIT IX. Environmental and Consumer Health**
- Pollution problems
 - Clean environments
 - Food labels
- UNIT X. Physical Fitness**
- The skeleton
 - Benefits and enjoyment of exercise
 - Safety rules and injury prevention