

**New Paltz Central School District
Health
Fourth Grade**

Content/Essential Questions	Skills	Assessments
<ul style="list-style-type: none"> • How does making healthy choices help protect me against disease? <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> • Food supplies the energy and materials necessary for growth and repair. • All living things grow, take in nutrients, breathe, reproduce, and eliminate waste. • Humans need a variety of healthy foods, exercise, and rest in order to grow and maintain good health. • Good health habits include hand washing and personal cleanliness; avoiding harmful substances; eating a balanced diet; engaging in regular exercise. • Students: <ul style="list-style-type: none"> ○ Know how basic body systems work and interrelate in normal patterns of growth and development ○ Possess basic knowledge and skills which support positive health choices and behaviors ○ Understand how behaviors such as food selection, exercise, and rest affect growth and development ○ Recognize influences which affect health choices and behaviors ○ Know about some diseases and disorders and how they are prevented and treated ○ Practice and support others in making healthy choices ○ Understand the importance of nutritious food and how it contributes to good health, make simple nutritious food choices, and assist with basic food preparation 	<ul style="list-style-type: none"> • Discuss how the choices they make about fitness, smoking, and healthy eating will affect their bodies in positive and negative ways • Use multiple resources to find information • Create a poster or brochure on health related topics • List communicable/contagious diseases 	<ul style="list-style-type: none"> • Observation • Discussion • Poster or brochure • Presentation • Quizzes