

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

<b>Content/Essential Questions</b>	<b>Skills</b>	<b>Assessments</b>
<ul style="list-style-type: none"> <li>• How does making good choices help protect me?</li> </ul> <hr style="border-top: 1px dashed red;"/> <ul style="list-style-type: none"> <li>• Possess basic knowledge and skills which support positive health choices and behaviors.</li> <li>• Practice and support others in making healthy choices.</li> <li>• Integrate knowledge of the basic body systems with an understanding of the changes that accompany puberty.</li> <li>• Analyze the multiple influences which affect health decisions and behaviors.</li> <li>• Recognize the mental, social, and emotional aspects of good health.</li> <li>• Apply decision making processes to dilemmas related to personal health.</li> <li>• Recognize potentially dangerous situations and know how to avoid or reduce their risk.</li> <li>• Identify characteristics of valid health information and health-promoting products and services and know where to locate them.</li> </ul>	<ul style="list-style-type: none"> <li>• Read and interpret food labels</li> <li>• Analyze advertisements</li> <li>• Know where/who to go to “help”</li> </ul>	<ul style="list-style-type: none"> <li>• Observations</li> <li>• Discussion</li> </ul>