

Health Education Interdisciplinary Curriculum Framework

Grade 3

UNIT	TEKS	INSTRUCTIONAL OBJECTIVE	1st Six Weeks	2nd Six Weeks	3rd Six Weeks	4th Six Weeks	5th Six Weeks	6th Six Weeks	
8	3.2 A	<p>The student is expected to:</p> <ul style="list-style-type: none"> • define hazard-Teacher • name some hazards that may cause accidents-Teacher • list some things that can help prevent accidents-Teacher • recognize hazards in the home -Teacher • explain how to prevent electrical shocks -Teacher • identify poisons in the home-Nurse • identify safety rules a passenger in a car or bus should follow-Teacher • discuss safety rules concerning strangers Counselor • define emergency-Nurse • list ways to prevent home fires-Teacher • discuss procedures for leaving their homes in a fire emergency-Teacher • discuss bicycle safety rules-Physical Ed. • identify bicycle safety equipment -Physical Ed. • demonstrate some hand signals to be used when riding a bicycle-Physical Ed. • demonstrate first aid procedures -Nurse • identify the proper steps in dealing with an emergency-Nurse 	-						
	3.1 F								
	3.2 E								
	3.1 F								
	3.6 C								
	3.6 C								
	3.2 E			-					
	3.9 E								
	3.9 F								
	3.2 E								
	3.2 A			-					
	3.2 A								
	3.2 A								
	3.2 A								
3.2 E									
3	3.1 C		-						
	3.1 D								
	3.1 D								
	3.1 D								
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3	3.1 D	<p>The student is expected to:</p> <ul style="list-style-type: none"> • identify foods that constitute a balanced breakfast, a balanced lunch, and a balanced dinner-Teacher 						
	3.1 C	<ul style="list-style-type: none"> • explain why eating a healthful breakfast -Teacher 	-					
	3.1 C	<ul style="list-style-type: none"> • explain what constitutes a healthful breakfast-Teacher 						
	3.1C	<ul style="list-style-type: none"> • explain what constitutes a healthful snack -Teacher 						
	3.7A	<ul style="list-style-type: none"> • recognize that the purpose of advertising is to sell something-Teacher 		-				
	3.7 A	<ul style="list-style-type: none"> • recognize that ads can make foods that are not healthful seem very attractive 						
	3.7 B	<ul style="list-style-type: none"> • recognize that reading package labels can help people make better food choices -Teacher 						
7	3.2 B	<ul style="list-style-type: none"> • explain what a drug is-Counselor 		-				
	3.2 B	<ul style="list-style-type: none"> • identify some products that contain drugs -Counselor 						
	3.2 B	<ul style="list-style-type: none"> • tell why the use of some drugs is controlled-Counselor 						
	3.11 B	<ul style="list-style-type: none"> • explain the difference between prescription medicines and over-the-counter medicines-Teacher 						
	3.2 B	<ul style="list-style-type: none"> • identify some benefits and limitations of medicine-Teacher 						
	3.11 B	<ul style="list-style-type: none"> • describe some types of information found on medicine labels-Nurse 			-			
	3.11 D	<ul style="list-style-type: none"> • recognize why it is important to never take medicine without parental guidance -Nurse 						
	3.2 B	<ul style="list-style-type: none"> • recognize some ways medicines can be harmful-Nurse 						

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7	3.2 BCD	The student is expected to: <ul style="list-style-type: none"> • explain some ways drugs can affect the body -Nurse • identify some illegal drugs and tell some of their harmful effects-Teacher 						
	3.2 BCF							
	3.11B	<ul style="list-style-type: none"> • recognize that medicine is not always needed to make a person feel better -Nurse 		-				
	3.11B	<ul style="list-style-type: none"> • discuss some alternatives to taking medicines-Nurse 						
	3.11B	<ul style="list-style-type: none"> • recognize that good health habits can help prevent the need to use medicines and other drugs-Nurse 						
6	3.2 BCF	<ul style="list-style-type: none"> • recognize that alcohol can be harmful to a person’s health-Counselor • explain how alcohol can be harmful to a person’s health-Counselor • discuss how certain laws try to protect people against the harmful effects of alcohol-Counselor 		-				
	3.2 BCD							
	3.2 BD 3.11 BCD							
	3.2 BC 3.9 F	<ul style="list-style-type: none"> • recognize that smoking tobacco can be harmful to a person’s health-Counselor 		-				
	3.2 BCD		<ul style="list-style-type: none"> • explain how smoking tobacco can be harmful to a person’s health-Counselor 					
	3.2 BCD	<ul style="list-style-type: none"> • discuss how certain laws try to protect people from the harmful effects of smoking tobacco-Counselor 						
	3.2 BC	<ul style="list-style-type: none"> • recognize that smokeless tobacco can be harmful to a person’s health-Counselor • discuss how certain laws try to protect people against the harmful effects of smokeless tobacco-Counselor 						
	3.9 F 3.11 BCD							
	3.7 A		<ul style="list-style-type: none"> • recognize that advertisers are trying to sell a product-Counselor 		-			

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6	3.7 A	The student is expected to: • recognize that advertisers of alcohol and tobacco products try to make their products -Counselor						
	3.7 A	• recognize that advertisers of alcohol and tobacco products try to make their products look as desirable as possible -Counselor						
4	3.1 A	• define exercise- Physical Ed.						
	3.1 E	• explain how exercise helps the heart, lungs, and muscles- Physical Ed.						
	3.1 E	• explain how exercise helps a person feel better- Physical Ed.						
	3.1 B	• identify types of exercise- Physical Ed.						
	3.1 B	• identify parts of the body that regular exercise strengthens- Physical Ed.						
	3.1 B	• define calisthenes- Physical Ed.						
	3.1 B	• identify three parts of a good exercise program- Physical Ed.						
	3.1 B	• identify ways to attain or maintain a good posture- Physical Ed.						
2	3.1 F	• identify ways that keeping clean contributes to good health- Nurse						
	3.3 B	• identify parts of the skin and their functions- Nurse						
	3.1 F	• describe head lice- Nurse						
	3.3 A	• identify some parts of a tooth- Nurse						
	3.3 A	• discuss plaque and cavities- Nurse						
	3.3 A	• describe a proper way to clean teeth- Nurse						
	3.1 F	• explain the importance of dental check-up- Nurse						

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2	3.1 A 3.1 E	The student is expected to: • identify sleep and rest habits that promote good health- Teacher				—		
	3.1 A 3.1 E	• explain the need for good sleep and rest habits- Teacher						
	3.1 A 3.1 E	• explain why children need more sleep than adults- Teacher						
	3.4 B	• identify health practices that protect and help care for the eyes and ears- Teacher						
	3.4 C 3.1 F	• state ways in which the senses of sight and hearing can be used for safety- Nurse • explain the importance of check-ups by qualified professionals- Nurse				—		
5	3.3 A	• identify bacteria and viruses as possibly harmful germs that can cause certain illnesses- Nurse				—		
	3.3 B	• identify white blood cells and antibodies as bodily against germs- Nurse						
	3.6 B	• identify bacteria and viruses as possibly harmful germs that can cause certain illnesses- Nurse						
	3.3 A	• identify some common communicable illnesses- Nurse				—		
	3.6 B	• recognize that some illnesses are not caused by germs- Nurse						
	3.3 B	• define symptoms as signs of possible illness - Nurse • name some symptoms of common illnesses- Nurse						
	3.3 B 3.3 C	• read a thermometer- Nurse • discuss some ways to maintain good health- Nurse				—		
	3.6 D	• recognize that some illnesses can be prevented- Nurse						

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1	3.4 A 3.4 B	<p>The student is expected to:</p> <ul style="list-style-type: none"> • recognize that people grow physically, mentally, emotionally, and socially- Teacher 				-		
	3.3 C	<ul style="list-style-type: none"> • describe ways of growing that can be seen -Teacher 						
	3.4 A	<ul style="list-style-type: none"> • recognize that each person learns and grows in his or her own special way -Teacher 						
	3.9 A 3.10 C	<ul style="list-style-type: none"> • recognize that everyone has feelings • name some ways people show their feelings-Teacher 				-		
	3.9 C 3.10 C	<ul style="list-style-type: none"> • recognize that the way people show their feelings makes a difference in the way they get along with others-Teacher 						
	3.9 B	<ul style="list-style-type: none"> • name some ways to change unpleasant feelings-Teacher 						
	3.10 A	<ul style="list-style-type: none"> • identify some ways people are special -Teacher 				-		
	3.10 A	<ul style="list-style-type: none"> • recognize that each person is special in some way-Teacher 						
	3.10 A	<ul style="list-style-type: none"> • explain why being special makes each person important-Teacher 						
	3.6 D	<ul style="list-style-type: none"> • explain how members of a group can cooperate to get things done-Teacher 					-	
	3.8 B 3.6 D	<ul style="list-style-type: none"> • recognize that the health of a family is dependent on the contributions of each of it's members-Teacher 						
10	3.10 ABC	<ul style="list-style-type: none"> • recognize that responsibility and respect may be shown in a person's touch talk and actions-Teacher 					-	
	3.6 D 3.11 D	<ul style="list-style-type: none"> • understand the responsibilities that adults have toward children-Teacher 						

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10	3.9 D 3.10 AB	The student is expected to: • recognize that people must earn the right to respect- Teacher					-		
	3.9 F 3.11 E	• understand that they have the right to say “No” in an uncomfortable situation -Counselor							
	3.9 E	• identify a support system and its members -Counselor							
	9	3.5 A 3.11 D	• define community- Teacher • recognize that there are different types of communities- Teacher					-	
		3.5 B	• name some buildings, services, and places that people share in a community- Teacher • explain why people in a community need rules and laws to keep them healthy- Teacher • recognize that there are three different types of communities- Teacher						
		3.6 A	• identify safety workers and explain how they keep people safe- Teacher					-	
		3.5 B	• identify health workers and explain how they keep people healthy- Teacher						
		3.6 A	• discuss different kinds of pollution- Teacher						-
		3.6 B	• identify some sources of pollution - Teacher						
		3.6 C	• define environment- Teacher • explain why it is important for people to help take care of the environment- Teacher • identify some natural resources- Teacher						
3.6 A		• recognize ways to conserve resources -Teacher							
3.9 A		• demonstrate effective verbal and nonverbal communication- Teacher						-	

