

HEALTH SERIES OVERVIEW

FOR SKILLS-BASED HEALTH EDUCATION



TULSA HEALTH
Department
School Health Program

3rd Grade

Oklahoma Health Standards

1. Explain the importance of eating a variety of foods from multiple food groups (e.g., fruits, vegetables, dairy, protein and whole grains). (NU.5.2)
2. Identify characteristics of valid health information, products and services based on self-identified need (e.g., reliable, appropriate, accurate, or trustworthy). (3.AC.5.1)
3. Locate resources from home, school, and the community that provide valid health information. (3.AC.5.2)
4. Explain how family, culture, peers, technology, or media influence a health-related decision. (5.DM.5.3)
5. Examine healthy options to a health-related decision. (5.DM.5.4)
6. Choose a healthy option when making a decision. (5.DM.5.6)
7. Apply a variety of healthy practices and behaviors to maintain or improve personal health. (7.SM.5.2)

Health Behavior Outcomes

FN-2: Choose a variety of options within each food group.

Lesson Objectives

By the end of this lesson students will be able to:

Accessing Information

- Explain the importance of eating a variety of foods from multiple food groups.
- Understand they cannot trust everything they read or see.
- Identify sources of trusted health information.

Decision Making

- List examples of the physical, social, emotional, and intellectual, dimensions of health.
- Explain how family, peers, trusted adults, and media can affect a nutrition related decision.
- Identify options when making a nutrition related decision.

Self-management

- List examples of the physical, social, emotional, and intellectual, dimensions of health.
- Chose a variety of foods to create a healthy meal.
- Explain the importance of eating a variety of foods from multiple food groups.

References

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