
NORTHWEST TERRITORIES

School Health Program

GRADE 4



Education, Culture and Employment
Health and Social Services

August, 1995

MENTAL AND EMOTIONAL WELL BEING

GRADE 4

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	SELF- AWARENESS	Awareness of strengths and weaknesses affects how people feel about themselves	i) identify personal strengths and weaknesses ii) accept personal strengths and weaknesses
2	SELF- AWARENESS	The activities people choose affect how they feel	i) identify activities that make them feel good
3	RELATIONSHIPS	Caring behaviour helps build and maintain relationships	i) identify caring behaviours
4	RELATIONSHIPS	Caring behaviour helps build and maintain –relationships	i) demonstrate caring behaviours i) describe the importance of caring
5	DECISION-MAKING	Better decisions can be made by considering the possible effects of various choices	i) identify the possible effects of various choices ii) identify reasons for individual decisions
6	DECISION-MAKING	Peers influence decisions	i) identify decisions that peers may influence i) identify ways peers influence them
7	DECISION-MAKING	Peers may influence decisions	i) identify methods of resisting peer influence ii) demonstrate methods of resisting peer influence

GROWTH AND DEVELOPMENT

GRADE 4

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	BODY SYSTEMS	The digestive system provides the fuel the body needs	i) name and locate the main parts of the digestive system
2	BODY SYSTEMS	The digestive system provides the fuel the body needs	i) describe the functions of the digestive system ii) state the importance of the digestive system
3	BODY SYSTEMS	The digestive system provides the fuel the body needs	i) name common problem conditions of the digestive system ii) describe ways to care for the digestive system
4	DISEASE PREVENTION	Diseases are caused by a variety of factors	i) explain what communicable diseases are ii) explain what non-communicable diseases are iii) distinguish between communicable and non-communicable diseases
5	ENVIRONMENTAL HEALTH	Safe drinking water is essential for maintaining health	i) identify sources of polluted water ii) name health problems caused by unsafe drinking water iii) identify ways to ensure safe drinking water
6	HEALTH CARE SYSTEM	Health care supports are available to promote individual and community health	i) identify all health care supports available ii) describe the services provided by health care supports iii) describe how to contact the health care supports available

NUTRITION

GRADE 4

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	FOOD CLASSIFICATION	Foods are classified into four food groups on the basis of nutrient content	Students will be able to: i) identify six major nutrients found in foods and their functions ii) test for the presence of major nutrients in the four food groups
2	FOOD CLASSIFICATION	Foods are classified into four food groups on the basis of nutrient content	i) identify a variety of foods which are excellent sources of major nutrients
3	FOOD CLASSIFICATION	Nutritious snacks are high in nutrient content and low in sugar, salt and fat	i) classify a variety of snacks as nutritious or non-nutritious ii) explain how nutritious snacks contribute to health
4	FOOD SELECTION	Various factors affect food choices	i) describe some factors that affect food choices
5	FOOD APPRECIATION	A willingness to taste nutritious snacks promotes food appreciation and health	i) prepare nutritious snacks ii) demonstrate a willingness to taste nutritious snacks iii) state the importance of nutritious snacks

DENTAL HEALTH

GRADE 4

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	STRUCTURE AND FUNCTION	The structure of a tooth is related to its function	Students will be able to: i) label the structure of a tooth ii) state the functions of each part of a tooth iii) name the four tooth groups and their functions in a mixed set of teeth
2	ORAL HYGIENE	Regular practice of effective oral hygiene skills promotes dental health	i) illustrate how effective oral hygiene skills promote dental health ii) identify behaviours that promote healthy teeth for a lifetime
3	FACTORS AFFECTING DENTAL HEALTH	Positive behaviours around hazards can prevent dental injuries	i) identify dental health hazards at home, at school and in the community ii) explain safe behaviours that prevent dental injuries at home, at school and in the community
4	DENTAL DISEASE	Tooth decay is a dental disease that can be prevented	i) describe the process of tooth decay ii) describe the importance of fluoride
5	DENTAL SERVICES AND PRODUCTS	Dental health workers play an important role in dental health care	i) describe how dental health workers treat tooth decay and remove plaque

FAMILY LIFE

GRADE 4

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FAMILIES	Families provide for the physical, emotional, social, intellectual and spiritual needs of their members	i) explain that families provide for the needs of their members ii) identify the importance of families
2	FAMILIES	Family traditions are a product of fulfilling the physical, emotional, social, intellectual and spiritual needs of the family	i) identify family traditions ii) identify the importance of traditions
3	HUMAN DEVELOPMENT AND REPRODUCTION	Puberty is one stage of development in everyone's life	i) describe characteristic changes that begin in boys at puberty
4	HUMAN DEVELOPMENT AND REPRODUCTION	Puberty is one stage of development in everyone's life	i) describe characteristic changes that begin in girls at puberty
5	HUMAN DEVELOPMENT AND REPRODUCTION	The reproductive system enables human life to begin	i) name and locate the major male reproductive parts
6	HUMAN DEVELOPMENT AND REPRODUCTION	The reproductive system enables human life to begin	i) name and locate the major female reproductive parts

LESSON NO.	THEME	CONCEPT	OBJECTIVES
7*	HUMAN DEVELOPMENT AND REPRODUCTION	Menstruation is a natural occurrence in females	<ul style="list-style-type: none"> i) identify menstruation as a natural occurrence ii) describe body hygiene and personal products related to menstruation
8	ABUSE PREVENTION	Touch produces different feelings	<ul style="list-style-type: none"> i) identify feelings associated with touch ij) identify how to deal with touches that produce negative or confused feelings iii) identify trusted people in the community who can help

* Lesson No 7 is an optional lesson. It is intended for girls alone, and should be taught based on the maturity of the girls in the class.