

*DIOCESE OF TOLEDO  
Health Course of Study  
Grade Four 2009*



Catholic Youth and School Services  
1933 Spielbusch Avenue  
Toledo, Ohio 43697-0985  
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## **DIOCESE OF TOLEDO SCHOOL PHILOSOPHY**

*“The duty of human perfection, like the whole universe, has been renewed, recast, super naturalized, in the Kingdom of God. It is a truly Christian duty to grow... and to make one’s talents bear fruit...It is a part of the essentially Catholic vision to look upon the world as maturing--not only in each individual, or in each nation, but in the whole human race.”*

*(Teilhard de Chardin, The Divine Milieu)*

The schools of the Catholic Diocese of Toledo assist parents in preparing their youngsters to assume their Christian vocation. The schools enable youngsters to perfect and grow in the knowledge, skills, values and attitudes to which they are called by Jesus Christ. This vocation begins and grows as each member hears the message of the Gospel, seeks to achieve a personal relationship with Jesus Christ and shares in a commitment of love and service of God and others in order to transform self and society.

Christian education in the Toledo Diocesan schools is intended to make students become people of faith who can experience--inside and outside the school setting-- learning and living in the light of this faith commitment. Students are instructed in human knowledge and skills in order to best relate human culture to God’s plan for His evolving creation. Religious education, i.e., instruction in truths and development of values, is of primary concern. This religious education serves as the basis by which students can integrate their experiences of learning and living at each stage of their development.

This integration thrives in a thoroughly Christian atmosphere where faculties and staffs share and demonstrate in their professional and private lives this same commitment to personal perfection and growth in Jesus Christ. Toledo Diocesan schools enable students to extend their personal faith commitment through prayer and by serving others. Together with faculty and staff, students participate in liturgical activities which foster community. Students explore ways to meet the challenges of tensions and conflicts which occur in community, especially in peacemaking and the achievement of justice. Gospel values impel students to a special concern for all who suffer any disadvantage. Students are enabled to commit themselves to the public interest by developing the skills and talents needed to contribute to the life of the nation.

This experience of integrating learning and living a commitment of faith is a reason for hope. It is the duty of the schools of the Diocese of Toledo to continually explore and rekindle hope for the future in the light of the present reality of the universe. Engaging our members--and the community-at-large--in a search for growth and perfection is our never-ending obligation. Our ultimate goal is union with Jesus Christ, “the way, the truth and the life.”

### **Diocese of Toledo Health Course of Study Philosophy**

The Health Course of Study of the Diocese of Toledo seeks to connect content areas including Health, Religion Science, Physical Education and safety while providing a foundation for health-enhancement and risk avoidance behaviors among young people. This document provides teacher support as he/she strives to motivate young people to build healthy life-styles.

The Health Course of Study, understanding the complexity of the TOTAL person, incorporates a multidimensional approach to life. The student learns that actions have both positive and negative consequences. Problem solving skills and strategies prepare students to make healthy lifestyle choices. Eventually, the student integrates his/her knowledge and understanding of health related issues and makes a commitment to a healthy life-style, all the while living in response to the call of Christ Jesus who is “the way, the truth and the life.”



**FOURTH GRADE  
HEALTH  
LEARNING OBJECTIVES**

**Fourth Grade Standard: Students will demonstrate the ability to evaluate and make healthy decisions in light of Gospel values.**

<b>GROWTH AND DEVELOPMENT</b>	4.GD.1	Describe the relationship between healthy behaviors and personal health.
<b>NUTRITION</b>	4.N.1 4.N.2 4.N.3 4.N.4	Learn the five nutrient groups, their food sources, and importance to the body. Plan a total day's balanced diet including the "Nineteen Super Foods." (Milk Group – 3; Meat Group – 2; Vegetable Group – 5; Fruit Group – 3; Grain Group – 6) Describe the role of any five major nutrients in maintaining a healthy body. Evaluate common foods for the occurrence of these nutrients.
<b>DISEASES &amp; DISORDERS</b>	4.DD.1 4.DD.2 4.DD.3 4.DD.4 4.DD.5 4.DD.6 4.DD.7 4.DD.8 4.DD.9 4.DD.10	Classify diseases as communicable, non-communicable or congenital. List the characteristics of communicable diseases and understand how they are spread. Examine common communicable diseases such as colds, influenza, strep throat, pneumonia, skin infections, etc., their causes, symptoms and treatments. Examine the process the immune system uses when fighting germs. Understand how proper nutrition helps the body resist and fight certain diseases. Explain the difference between a bacterial and viral infection. Explain the nature of a vaccine. Discuss common vaccinations. Name and list characteristics of non-communicable diseases. Examine common non-communicable diseases such as cancer, heart disease, hypertension, asthma, diabetes, etc., their causes, symptoms, and treatment. Understand basic facts regarding the body's immune system and the AIDS virus.
<b>FIRST AID</b>	4.FA.1 4.FA.2 4.FA.3 4.FA.4 4.FA.5 4.FA.6	Practice appropriately responding when someone is sick or hurt. Demonstrate the appropriate care for a minor cut. Describe and be able to follow the rules for emergency care. Understand the importance of not moving a victim with a possible head or spinal injury. Know three types of burns and the first aid required for each burn. Discuss the dangers of ultraviolet rays to the skin.

<b>COMMUNITY IN THE CLASSROOM</b>	<p>4.CC.1 Build community in the classroom.</p> <p>4.CC.2 Share in community circle settings.</p>
<b>SOCIAL EMOTIONAL</b>	<p>4.SE.1 Discuss ways people are different from each other due to heredity and experiences.</p> <p>4.SE.2 Define “peer” and “friend.”</p> <p>4.SE.3 Understand that all people have an emotional intelligence that includes self-awareness, motivation and empathy.</p> <p>4.SE.4 Understand that one important way to show empathy is by listening to understand.</p> <p>4.SE.5 Practice strategies for maintaining positive relationships with “peers,” including courtesy and listening.</p> <p>4.SE.6 Practice using strategies to resist peer pressure.</p> <p>4.SE.7 Discuss various emotions that all people share.</p> <p>4.SE.8 Discuss threats that might exist in the classroom and ways to eliminate them.</p> <p>4.SE.9 Understand that emotion determines human attention which in turn determines learning, memory and problem solving.</p> <p>4.SE.10 Practice using L.I.F.E. Guidelines and Life skills</p>
<b>DRUGS</b>	<p>4.D.1 Know basic information about drugs along with specific effects and dangers of commonly used drugs.</p> <p>4.D.2 Know that prescription medications and over the counter medications are drugs</p> <p>4.D.3 Understand possible consequences of misusing drugs, including their spiritual, physical, mental and emotional effects on the body and mind.</p> <p>4.D.4 Understand possible consequences if drugs are stolen or misused, including legal and financial.</p> <p>4.D.5 Understand the health benefits of using only medications that are prescribed for you.</p>

## TEACHER RESOURCES

<u>Title</u>	<u>Topic</u>	<u>Author</u>	<u>Address/Phone</u>
Alcoholics Anonymous	Alcohol		<a href="http://www.toledoaa.com">www.toledoaa.com</a> 419-380-9862
AIDS	Diseases & Disorders		<a href="http://www.aids.gov/basic">www.aids.gov/basic</a>
AIDS	Diseases & Disorders		<a href="http://www.aegis.com/">www.aegis.com/</a>
American Cancer Society	Diseases & Disorders		800-ACS-2345
American Heart Association	Diseases & Disorders		800-AHA-USA1
American Lung Association	Diseases & Disorders		800-LUNGUSA
American Red Cross	Diseases & Disorders		419-321-1742
Brain Gym	Learning enhancement	Paul Dennison	<a href="http://gobraingym.com">gobraingym.com</a>
Drug Abuse Outreach Program	Drugs	Lucas County	<a href="http://www.umadaops.com/toledo.htm">www.umadaops.com/toledo.htm</a> 419-255-4444
First Aid			<a href="http://www.medicinenet.com">www.medicinenet.com</a>
Kids Health			<a href="http://www.kidshealth.org">www.kidshealth.org</a>
The Prevention Pipeline	Drugs/Alcohol		800-729-6686
Wellness	All		<a href="http://www.netwellness.org/">www.netwellness.org/</a>
Innovative Resources for Educators	All	Science based Resources	<a href="http://www.cyss.org/HotLinksPages/InnId">www.cyss.org/HotLinksPages/InnId</a>
Dietary Guidelines	Nutrition		<a href="http://www.ars.usda.gov">www.ars.usda.gov</a>
Depression	Mental Health		<a href="http://www.depression.com/">www.depression.com/</a>
Student Personalities	Mental Health		<a href="http://www.green-river.com/">www.green-river.com/</a>
American Egg Board	Nutrition		<a href="http://www.aeb.org">www.aeb.org</a>
Better Breakfast/Better Learning	Nutrition	OH Dept. of Education	<a href="http://www.ode.state.oh.us">http://www.ode.state.oh.us</a>
Nutrition	Nutrition		<a href="http://www.mealformation.com">www.mealformation.com</a>
Infections	Infections		<a href="http://www.cdc.gov/ncidod/dhqp/a_z.html">http://www.cdc.gov/ncidod/dhqp/a_z.html</a>
L.I.F.E. Guidelines	Social – Emotional		<a href="http://www.kidshealth.org/parent/infections">http://www.kidshealth.org/parent/infections</a>
Nutrition Camp	Nutrition	Kelloggs	<a href="http://www.cyss.org/Schools/Innovators/">http://www.cyss.org/Schools/Innovators/</a>
Snackin' Smart - Fun Activities	Nutrition	OH Dept. of Education	<a href="http://www.kelloggs.com">www.kelloggs.com</a>
The Food Guide Pyramid	Nutrition	OH Dept. of Education	<a href="http://www.ode.state.oh.us">http://www.ode.state.oh.us</a>
What's In a Meal?	Nutrition	OH Dept. of Education	<a href="http://www.ode.state.oh.us">http://www.ode.state.oh.us</a>
Character Education in Ohio	Social Health	OH Dept. of Education	<a href="http://www.ode.state.oh.us">http://www.ode.state.oh.us</a>