

Health Education 3

Specific Curriculum Outcomes

Students will be expected to

Healthy Self

- recognize the choices they make in their day to day lives affect their physical, social, mental, and emotional health
- explore the function of the brain and ways to protect it
- identify substances that are not used for medicinal purposes
- demonstrate an appreciation for being physically active in the outdoor environment and practise what to do if lost or injured in the woods

Healthy Relationships

- identify ways in which families promote and protect the physical, social, mental, and emotional health of one another
- demonstrate an understanding that friendships can encounter difficulties and explore ways to manage these difficulties when they arise

Healthy Community

- demonstrate an awareness that all citizens have rights and responsibilities including responsibility for respecting and protecting the rights of ourselves and those of others (Social Studies connect)
- demonstrate an awareness that people living in their province have values, traditions, and beliefs that influence food choices (Social Studies 3 connect)
- differentiate between media messages that promote health and media messages that are industry driven
- demonstrate an understanding that the healthiest foods come from natural sources and differentiate between whole and processed foods (Science 3 connect)
- identify forms of active transportation and practice measures to prevent injury and protect themselves from harm while participating in such activities