

4th Grade Colorado Academic Standards Comprehensive Health and Physical Education

*Healthy Hearts aligns with the Colorado Academic Standards for
Comprehensive Health and Physical Education*

Comprehensive Health - Physical and Personal Wellness **Standard 2**

1. Demonstrate the ability to set a goal to enhance personal nutrition status.

Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.

Healthy Hearts presentation, booklet and screening addresses:

- Healthy food choices they are already making
- Goal setting
 - Students set personal health goals
- MyPlate
 - Building healthy meals, portion sizes, moderation
 - Compare their meals, discuss why certain foods are not included (dessert, candy, soda, etc.)
- Reading food labels activity to better inform your food choices and plan meals/snacks
- Natural vs. added sugars
- Saturated vs unsaturated fats – Increase HDL or LDL depending on choice
 - Emphasize lifelong healthy eating
 - Plaque can start to form at age two - Atherosclerosis

2. Describe the connection between food intake and physical health.

Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.

Healthy Hearts presentation, booklet and screening addresses:

- Using MyPlate to guide healthy eating to maintain overall health
- Protein, grains, dairy, fruits and vegetables and their specific importance
- Benefits of eating breakfast, physical and mental
- HDL (good) cholesterol being increased by eating unsaturated fats
- Saturated fats increase LDL (bad)
- Discuss food intake cues, healthy snacking and meals
- Food is fuel – helps you do life better (school, home, sports, friendships)

3. Explain how the dimensions of wellness are interrelated and impact personal health

Prepared Graduates: Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.

Healthy Hearts presentation, booklet and screening addresses:

- Eating too much sugar/salt, not exercising, not managing stress, and tobacco/vaping/alcohol will increase blood pressure and heart disease risk
- Four modifiable risk factors
 - Eating habits, exercise, stress management, and vaping/tobacco use
- Exercise improves brain function, memory, and mood
 - Keeps the body strong, helps blood flow, and helps maintain healthy blood pressure, body weight and cholesterol levels
 - Strengthens heart muscle
 - Raises HDL (good) cholesterol
 - It's fun!
- Eating healthier foods (five servings fruits/vegetables, unsaturated fats) makes you feel better and have more energy to do activities you enjoy
- Exercising and eating healthy keeps the brain sharp, muscles growing, and reduces stress
- Discuss overall wellness and how our choices impact it
- Helps prevent heart disease and other factors of living an unhealthy lifestyle:
 - Heart attack, stroke, hypertension and atherosclerosis
- 60 minutes of physical activity every day
 - Doesn't have to be all at once, can be broken up 10 minutes at a time throughout day.

Comprehensive Health - Social and Emotional Wellness

Standard 3

2. Comprehend concepts related to stress and stress management.

Prepared Graduates: Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Healthy Hearts presentation, booklet and screening addresses:

- Not all stress is bad – can help motivate
- The effects of high stress on the body
 - High blood pressure
 - Heart disease
- Provide examples of healthy ways to manage stress
 - Draw how they like to deal with stress
- Everyone has stress in their life but it is important we learn how to manage it in healthy ways vs. unhealthy ways
- Identify how stress makes you feel – physically/mentally
- Identify a trusted adult, resources for when you need more help
- A healthy lifestyle helps our mental health
 - Feel better, more energy, more focused, and improved self-confidence

Comprehensive Health - Prevention and Risk Management

Standard 4

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Prepared Graduates: Apply knowledge and skills to make health-enhancing decisions regarding the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.

Healthy Hearts presentation, booklet and screening addresses:

- Second-hand smoke and how to avoid it
- How to say no to smoking/tobacco/e-cigarettes
 - Class recites a pledge to never use tobacco products
 - Respectful ways to ask family or friends to not smoke near them
- How do social media, ads, tv, print, peers, family influence choice
- How to create a smoke-free zone
- Smoking is a choice that is hard to stop once addicted
- Smoking damages the lungs and ages the body
 - Video of healthy vs damaged pig lungs
- Smoking clogs arteries
 - LDL sticks easier, lowers HDL and increases blood pressure
- Cost of smoking
 - Activity for what they want to spend that money on instead
- Benefits of quitting, it's never too late to quit for a loved one
- E-cigarettes negative effects on the body
 - Increases blood pressure, contains heavy metals, addictive

Prepared Graduate Competencies in Science

2. Standards in Life Science

Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.

Healthy Hearts presentation, booklet and screening addresses:

- Human body:
 - General heart anatomy, blood flow, cholesterol, plaque, heart disease, exercise, healthy eating, smoke/tobacco effects, blood pressure, stress and genetics
- Live a healthy lifestyle because plaque build-up can start very young
- The body needs healthy food and exercise to stay focused and energized
- Genetics:
 - Learn about family health history
 - Obtain their own numbers to lower risk of heart disease