

Healthy Hearts and Minds

4th Grade Colorado Academic Standards

Comprehensive Health, Physical Education and Science



uchealth

Healthy Hearts and Minds align with the Colorado Academic Standards for Comprehensive Health, Physical Education, and Science

Comprehensive Health – Standard 2, Physical and Personal Wellness

1.1 Demonstrate the ability to set a goal to enhance personal nutrition.

Evidence Outcome a: Students can set a goal to improve food choices based on appropriate nutrition content, value, and calories.

Evidence Outcome b: Students can explain the importance of eating a variety of foods from all the food groups.

Evidence Outcome c: Students can identify healthy foods (including snacks) in appropriate portion sizes based on your personal lifestyle.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Students identify healthy food choices they are already making.
- Students brainstorm a variety of reasons why we eat:
 - Provides energy.
 - Helps grow strong muscles and bones.
 - Brings family and friends together.
 - Helps our hearts and minds.
 - Provides joy, for celebrations, etc.
- MyPlate:
 - Building healthy meals, portion sizes, moderation.
 - All foods have a place in a healthy lifestyle. Everyday foods are included on the MyPlate.
 - Sometimes foods are foods like desserts, candy, soda, etc.
- Strive for 5 servings of fruits and vegetables daily. Discuss ideas on easy ways to increase daily amount.
- Reading food labels activity to better inform students food choices and plan meals/snacks.
- Food is fuel—helps you live better (school, home, sports, friendships).
- Unsaturated fats increase HDL (healthy) cholesterol.
- Saturated fats increase LDL (lousy) cholesterol.
 - Plaque forms as early as age two. Atherosclerosis is a lifetime disease, so prevention is key.

1.2 Describe the connection between food intake and physical health.

Evidence Outcome a: Students can explain that both eating habits and level of physical activity affect a person's overall well-being and ability to learn.

Healthy Hearts and Minds 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.
- HDL (healthy) cholesterol is increased by eating unsaturated fats.
- Food is fuel - it helps you live life better (school, home, sports, friendships).

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

Evidence Outcome a: Students can explain the physical, social, and emotional dimensions of personal health and wellness and how they interact.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Eating too much salt/sugar, not exercising, not managing stress, and tobacco/vaping can increase blood pressure and heart disease risk.
- Four modifiable risk factors:
 - Eating habits/nutrition, exercise, stress management, and vaping/tobacco use.
- Exercise improves brain function, memory, mood, and immune system health.
 - Keeps the body strong, helps blood flow, and helps maintain healthy blood pressure, body weight and cholesterol levels.
 - Strengthens heart muscle.
 - Raises HDL (healthy) cholesterol.
 - It's fun!
 - Can improve immune system functioning.

- Eating healthier foods (five servings of fruit/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.
- 60 minutes of physical activity every day is important.
 - Activity doesn't have to be all at once; it can be broken up throughout the day.

Comprehensive Health – Standard 3, Social and Emotional Wellness

4.2 Comprehend concepts related to stress and stress management.

Evidence Outcome b: Students can list physical and emotional reactions to stressful situations.

Evidence Outcome c: Students can identify positive and negative ways of dealing with stress.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Identify and discuss reasons for stress - Eustress vs. Distress.
 - Eustress is good stress; it can help you create healthy relationships, study harder, be prepared for life's responsibilities, and get you out of danger.
 - Distress is negative stress; it can cause high blood pressure, decrease overall health, and cause serious issues later in life if it persists.
- Unmanaged stress can lead to high blood pressure and heart disease.
- Provide multiple examples of healthy ways to manage stress.
 - Practice breathing techniques.
 - Students brainstorm how they best manage stress in booklets.
- Discuss seeking help when needed (trusted adult, crisis support, etc.).
- Students identify and write down trusted adults and others they can turn to when stressed.
- Students identify helpful phrases that they can tell themselves when stressed.
- Everyone has stress in life, but it is important we learn how to manage it in healthy ways.

Comprehensive Health – Standard 4, Prevention and Risk Management

5.2 Demonstrate the ability to use interpersonal communication skills to refuse or avoid using drugs (marijuana, illegal drugs, prescription drugs, alcohol, and tobacco).

Evidence Outcome a: Students can demonstrate effective verbal and nonverbal ways to refuse pressures to use marijuana, illegal drugs, abuse of prescription drugs, alcohol, and tobacco.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Using tobacco products damages the lungs and ages the body.
 - Video of healthy lungs versus damaged lungs.
 - Smoking/vaping makes LDL stick to the arteries, lowers HDL cholesterol and increases blood pressure.
 - Cost of vaping.
 - Students write or draw on what they would rather spend their money.
 - Second-hand smoke/vape.
 - Respectful ways to create a smoke- or vape-free zone around family and friends.
 - Ways to say no to tobacco/vaping as they get older.
 - Tobacco/vapes have negative effects on the body.
 - Increase blood pressure, contain heavy metals & small particles, cause lung inflammation/scarring, difficulty breathing.
 - Discuss how using tobacco/vaping or exposure affects exercise, sports, etc.
 - Discuss never starting to begin with, as nicotine is highly addictive.
 - Highlighting the benefits of quitting and that it's never too late for loved ones to quit.
 - Refusal skills and ways to say no to tobacco/vaping as they get older.
 - Youth use of these products can impact the developing brain as well as increase the risk of heart disease.
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Physical Education – Standard 2, Physical and Personal Wellness

2.1 Explain how the health-related fitness components are used to improve physical fitness.

Evidence Outcome f: Students can recognize healthy and balanced meals and snacks designed to enhance performance of physical activities.

Healthy Hearts and Minds 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.
- HDL (healthy) cholesterol is increased by eating unsaturated fats.
- Food is fuel - it helps you live life better (school, home, sports, friendships).

Physical Education – Standard 3, Social Emotional Wellness

5.1 Assess and take responsibility for personal behavior and stress management.

Evidence Outcome e: Students can recognize that physical activity can be used as a stress management technique.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Video: rats who exercised were less stressed and able to problem-solve better.
- Provide multiple examples of healthy ways to manage stress.
- Students brainstorm and draw how they best manage stress in booklets.

Science – Standard 2, Life Science

5.1 Organisms have both internal and external structures that serve various functions.

Evidence Outcome a: Students can construct an argument that plants and animals have internal and external structures that function to support survival, growth, behavior, and reproduction.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Human body:
 - General heart anatomy, blood flow, blood pressure, cholesterol, plaque, and heart disease
 - Impacts of exercise, healthy eating, tobacco use, stress and genetics.
- Live a healthy lifestyle because plaque build-up can start at a young age.
- The body needs healthy food and exercise to stay focused and energized.
- Genetics:
 - Students are encouraged to learn about family health history.
 - Students can obtain their own health numbers to lower the risk the heart disease.