

## Health TEKS Integration Grade 5

TEKS	HEALTH TEKS	P.E. / WELL-NESS	SOCIAL STUDIES	B.B.R.	NURSES	COUNSELORS	DARE / GREAT
5.1(A)	examine and analyze food labels and menus for nutritional content				✓		
5.1(B)	apply information from the food guide pyramid to making healthy food choices				✓		
5.1(C)	identify foods that are sources of one or more of the six major nutrients				✓		
5.1(D)	calculate the relationship between caloric intake and energy expenditure				✓		
5.1(E)	differentiate between health-related and skill-related physical activities	✓					
5.1(F)	analyze the components of a personal health maintenance plan for individuals and families such as self-examinations, stress management and personal safety	✓					
5.2(A)	describe the structure, functions, and interdependence of major body systems				✓		
5.2(B)	identify and describe changes in male and female anatomy that occur during puberty				✓		
5.3(A)	describe methods of accessing valid health information	✓					
5.3(B)	demonstrate ways to communicate valid health information such as posters, videos, and brochures	✓					
5.4(A)	explain how to maintain the healthy status of body systems such as avoiding smoking to protect the lungs				✓		✓
5.4(B)	relate the importance of immunizations in disease prevention				✓		
5.4(C)	distinguish between myth and fact related to disease and disease prevention				✓		
5.4(D)	list the effects of harmful viruses on the body such as polio, Human Immunodeficiency Virus (HIV), and the common cold				✓		
5.4(E)	explain how to manage common minor illnesses such as colds and skin infections				✓		
5.5(A)	describe the use and abuse of prescription and non-prescription medications such as over-the-counter				✓		✓
5.5(B)	compare and contrast the effects of medications and street drugs				✓		✓
5.5(C)	analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences				✓		✓
5.5(D)	identify and describe alternatives to drug and substance use						✓
5.5(E)	demonstrate strategies for preventing and responding to deliberate and accidental injuries	✓					
5.5(F)	explain strategies for avoiding violence, gangs, weapons and drugs			✓	✓		✓

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5.5(G)	describe response procedures for emergency situations	✓			✓		
5.5(H)	describe the value of seeking advice from parents and educational personnel about unsafe behaviors				✓		✓
5.5(I)	explain the impact of neglect and abuse				✓		
5.6(A)	distinguish between healthy and harmful influences of friends and others	✓					✓
5.6(B)	describe the characteristics of healthy and unhealthy friendships	✓					✓
5.6(C)	identify ways to enhance personal communication skills	✓					✓
5.6(D)	analyze respectful ways to communicate with family, adults, and peers	✓					✓
5.6(E)	demonstrate ways of communicating with individuals who communicate in unique ways such as having a speech defect and not speaking English	✓					
5.6(F)	apply and practice strategies for self control	✓					✓
5.6(G)	describe strategies for stress management	✓					✓
5.7(A)	research the effect of media on health-promoting behaviors						✓
5.7(B)	identify the use of health-related technology in the school such as audiometry and the Internet						✓
5.8(A)	explain the importance of communication skills as a major influence on the social and emotional health of the individual and family			✓			
5.8(B)	describe daily and weekly activities that promote the health of a family	✓					
5.8(C)	describe how a safe school environment relates to a healthy community				✓		✓
5.8(D)	identify environmental protection programs that promote community health such as recycling, waste disposal, or safe food packaging				✓		
5.9(A)	describe health-related situations that require parent/adult assistance such as a discussion of the health-related consequences of high-risk health behaviors or going to a doctor				✓		
5.9(B)	assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving	✓		✓		✓	✓
5.9(C)	utilize critical thinking in decision making and problem solving	✓				✓	✓
5.9(D)	describe benefits in setting and implementing short and long-term goals	✓				✓	
5.9(E)	explain the necessity of perseverance to achieve goals	✓					
5.9(F)	explain the importance of parent/trusted adult guidance in goal setting						✓