

**Health TEKS Integration
Grade Three**

TEKS	Health TEKS	P.E./ WELL- NESS	SOCIAL STUDIES	B. B. R.	NURSES	COUNSELORS	DARE/ GREAT
3.1(A)	explain how personal-health habits affect self and others	✓			✓		
3.1(B)	describe ways to improve personal fitness	✓			✓		
3.1(C)	identify types of nutrients				✓		
3.1(D)	describe food combinations in a balanced diet such as a food pyramid				✓		
3.1(E)	explain the effects of too much stress and practice ways to reduce stress such as exercising and listening to music	✓					
3.1(F)	explain strategies for maintaining a personal-health plan such as a commitment to good personal hygiene and checkups and an awareness of safety skills				✓		
3.2(A)	explain the need for obeying safety rules at home, school, work, and play such as bike safety and avoidance of weapons	✓					
3.2(B)	describe the harmful effects of alcohol, tobacco, and other drugs on physical, mental, and social health and why people should not use them	✓					✓
3.2(C)	identify reasons for avoiding violence, gangs, weapons and drugs	✓				✓	✓
3.2(D)	identify examples of abuse and describe appropriate responses						
3.2(E)	describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing accidental injuries				✓		
3.3(A)	identify health behaviors that prevent the spread of disease and avoid behaviors that cause the transmission of disease				✓		
3.3(B)	explain the body's defense systems and how they fight disease				✓		
3.3(C)	explain actions to take when illness occurs such as informing parents/adults				✓		
3.4(A)	list and explain the stages of growth and development				✓		
3.4(B)	name and locate major components of the body systems	✓					
3.4(C)	explain the interrelationships of the body systems	✓					
3.5(A)	demonstrate the ability to locate resources from parents and family members, school, and the community		✓				
3.5(B)	demonstrate the ability to locate school and community health helpers		✓				
3.6(A)	relate how protecting the environment promotes individual and community health		✓				
3.6(B)	identify common health problems that result from unhealthy environments such as skin cancer, poisoning, and respiratory illness				✓		
3.6(C)	identify ways to protect personal health from environmental hazards such as lead removal and no smoking laws	✓			✓		
3.6(D)	describe roles and responsibilities of family members in promoting and practicing health behaviors				✓		
3.7(A)	describe how the media can influence knowledge and health behaviors	✓					
3.7(B)	identify ways in which health care has improved as a result of technology	✓					

3.8(A)	distinguish between positive and negative peer pressures and their effects on personal health behaviors			✓		✓	
3.8(B)	describe ways in which peers and families can work together to build a healthy community		✓				
3.9(A)	demonstrate effective verbal and nonverbal communication	✓					
3.9(B)	demonstrate strategies for resolving conflicts	✓				✓	
3.9(C)	explain how to be a good friend	✓				✓	
3.9(D)	demonstrate effective listening skills	✓					
3.9(E)	identify ways to communicate with parents/trusted adults about health concerns	✓					
3.9(F)	demonstrate refusal skills	✓				✓	
3.10(A)	demonstrate respectful communication with family members, peers, teachers, and others	✓					
3.10(B)	describe the mental-health value of respectful communication such as reducing the potential for angry behavior	✓					
3.10(C)	express needs, wants, and emotions in healthy ways	✓					
3.11(A)	practice critical-thinking skills when making health decisions				✓		
3.11(B)	gather data to help make informed health choices	✓					
3.11(C)	explain the positive and negative consequences of making a health-related choice	✓					
3.11(D)	explain the importance of seeking assistance in making decisions about health	✓			✓		
3.11(E)	practice assertive communication and refusal skills	✓					
3.11(F)	describe goal-setting skills	✓				✓	
3.11(G)	explain the importance of time passage with respect to a goal	✓					