

**Health TEKS Integration
Grade Four**

TEKS	Health TEKS	P.E./ WELLNESS	SCIENCE	SOCIAL STUDIES	B.B.R.	NURSES	DARE/ GREAT
4.1(A)	identify the benefits of six major nutrients contained in foods					✓	
4.1(B)	identify information on menus and food labels					✓	
4.1(C)	differentiate between aerobic and anaerobic exercise	✓				✓	
4.1(D)	explain the physical, mental and social benefits of fitness	✓				✓	
4.1(E)	explain how sleep affects academic performance	✓					
4.1(F)	identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management and personal safety	✓				✓	
4.2(A)	describe how health behaviors affect body systems		✓				
4.2(B)	describe the basic function of major body systems such as the circulatory and digestive systems						
4.3(A)	identify characteristics of health information					✓	
4.3(B)	describe the importance of accessing health information through a variety of health resources					✓	
4.4(A)	identify the use and abuse of prescriptions and non-prescription medication such as over-the-counter	✓				✓	✓
4.4(B)	explain the similarities of and the differences between medications and street drugs/substances	✓					✓
4.4(C)	describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social and legal consequences	✓					✓
4.4(D)	identify ways to avoid drugs and list alternatives for the use of drugs and other substances	✓					✓
4.4(E)	explain how to develop a home-safety and emergency response plan such as fire safety						
4.4(F)	identify strategies for avoiding deliberate and accidental injuries such as gang violence and accidents at school and home						
4.4(G)	identify types of abuse such as physical, emotional, and sexual and know ways to seek help from a parent and/or trusted adult						
4.5(A)	set personal-health goals for preventing illness			✓			
4.5(B)	identify different pathogens and explain how the body protects itself from pathogens such as viruses, bacteria, and fungi			✓			
4.5(C)	discuss ways in which prevention and transmission of disease are affected by individual behaviors						
4.5(D)	distinguish between communicable and non-communicable diseases						
4.6(A)	identify similarities in which healthy environments can be promoted in homes, schools, and communities	✓		✓			
4.6(B)	explain the importance of a community environmental health plan					✓	

4.7(A)	explain how the media can influence health behaviors	✓					
4.7(B)	describe ways technology can influence health	✓					
4.8(A)	explain the influence of peer pressure on an individual's social and emotional health	✓				✓	✓
4.8(B)	describe the importance of being a positive role model for health	✓		✓		✓	✓
4.9(A)	describe the qualities of a good friend	✓					✓
4.9(B)	explain steps in conflict resolution	✓					✓
4.9(C)	explain the importance of refusal skills and why the influence of negative peer pressure and the media should be resisted				✓		
4.9(D)	demonstrate healthy ways of gaining attention	✓					
4.9(E)	identify critical issues that should be discussed with parents/trusted adults such as puberty, harassment, and emotions	✓					✓
4.9(F)	analyze strengths and weaknesses in personal communication skills	✓					
4.9(G)	identify positive and negative characteristics of social groups such as gangs, clubs, and cliques				✓		
4.9(H)	demonstrate refusal skills				✓		
4.10(A)	demonstrate consideration when communicating with individuals who communicate in unique ways such as someone having a speech defect, someone not speaking English, or someone being deaf				✓		
4.10(B)	describe healthy ways of responding to disrespectful behavior	✓					
4.10(C)	describe strategies for self-control and the importance of dealing with emotions appropriately and how they affect thoughts and behaviors	✓					
4.11(A)	explain the importance of seeking guidance from parents and other trusted adults in making healthy decisions and solving problems					✓	
4.11(B)	explain the advantages of setting short and long-term goals	✓					
4.11(C)	describe the importance of parental guidance and other trusted adults in goal setting						
4.11(D)	explain the dangers of yielding to peer pressures by assessing risks/consequences	✓			✓	✓	✓
4.11(E)	describe steps in decision making and problem solving	✓		✓			✓