

Health Education Content Standard 5: Decision Making

All students will demonstrate the ability to use decision-making skills to enhance health.

Rationale: Managing health behaviors requires critical thinking and problem solving. The ability to use decision-making skills to guide health behaviors fosters a sense of control and promotes the acceptance of personal responsibility.

Third Grade Decision Making Competencies

- Describe how to use a decision-making process to select nutritious foods and beverages.
- Compare nutritional values of a variety of similar food items.
- Describe how to use a decision-making process to select healthy options for physical activity.

Possible English-Language Arts Standards Links	Lesson/Activity Ideas
<p>Reading Comprehension</p> <p>2.2 Ask questions and support answers by connecting prior knowledge with literal information found in, and inferred from, the text.</p> <p>2.3 Demonstrate comprehension by identifying answers in the text.</p> <p>2.4 Recall major points in the text and make and modify predictions about forthcoming information.</p> <p>2.5 Distinguish the main idea and supporting details in expository text.</p> <p>2.6 Extract appropriate and significant information from the text, including problems and solutions.</p> <p>2.7 Follow simple multiple-step written instructions (e.g., how to assemble a product or play a board game).</p> <p>Writing Applications</p> <p>2.2 Write descriptions that use concrete sensory details to present and support unified impressions of people, places, things, or experiences.</p> <p>Listening and Speaking</p> <p>2.3 Make descriptive presentations that use concrete sensory details to set forth and support unified impressions of people, places, things, or experiences.</p>	<p>*Write/read How to Books</p> <p>*Paragraph summary</p> <p>-Topic sentence (i.e. snacks)</p> <p>-Details</p> <p>-Conclusion</p> <p>2.7 Simple, sequential cooking lesson. Reading and following directions. Decision making: decide which ingredients are healthiest choices.</p> <p>2.2 Write about and describe healthy meal choices (can follow paper plate collage lesson).</p> <p>2.3 Present healthy choice in small groups and to class.</p>

Possible Math Standards Links	Lesson/Activity Ideas
<p>Number Sense</p> <p>1.2 Compare and order whole numbers to 10,000.</p> <p>3.4 Know and understand that fractions and decimals are two different representations of the same concept (e.g., 50 cents is $\frac{1}{2}$ of a dollar, 75 cents is $\frac{3}{4}$ of a dollar).</p> <p>Mathematical Reasoning</p> <p>1.1 Analyze problems by identifying relationships, distinguishing relevant from irrelevant information, sequencing and prioritizing information, and observing patterns.</p>	<p>*Figure out total calories for a meal.</p>