

**New Paltz Central School District
Health
Fifth Grade**

Content/Essential Questions	Skills	Assessments
<ul style="list-style-type: none"> • How does making good choices help protect me? <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> • Possess basic knowledge and skills which support positive health choices and behaviors. • Practice and support others in making healthy choices. • Integrate knowledge of the basic body systems with an understanding of the changes that accompany puberty. • Analyze the multiple influences which affect health decisions and behaviors. • Recognize the mental, social, and emotional aspects of good health. • Apply decision making processes to dilemmas related to personal health. • Recognize potentially dangerous situations and know how to avoid or reduce their risk. • Identify characteristics of valid health information and health-promoting products and services and know where to locate them. 	<ul style="list-style-type: none"> • Read and interpret food labels • Analyze advertisements • Know where/who to go to “help” 	<ul style="list-style-type: none"> • Observations • Discussion