

**FOURTH GRADE  
Health  
PRIORITY STANDARDS**

**Wellness and Health Promotion (WHP)**

4.WHP.3	Understand why sleep is necessary for the brain and body and describe how sleep works.
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**Substance Use, Misuse, and Abuse (SUB)**

4.SUB.2	Identify the basic function of body organs and systems and how different substances can affect them.
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**Food, Nutrition, and Physical Activity (FNP)**

4.FNP.2	Identify the functions of the six categories of nutrients: protein, carbohydrates, fats, vitamins, minerals, and water.
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4.FNP.3	Identify foods and beverages with high sugar content and the negative effects of too much added sugar.
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**Social, Emotional, and Mental Health (SEM)**

4.SEM.2	Identify ways of dealing with stress, anxiety, social isolation, and depression that contribute to the well-being and mental health of self and others.
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**Healthy Relationships and Violence/Abuse Prevention (HRVP)**

4.HRVP.2	Describe a variety of healthy ways to show and express liking or loving someone.
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4.HRVP.4	Demonstrate ways to treat all people with dignity and respect, including people of all genders, gender expressions, and gender identities.
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4.HRVP.8	Demonstrate how to be an upstander to respond to bullying or teasing based on physical characteristics, ability, or cultural identity.
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**Growth and Development (GD)**

4.GD.2	Identify body care practices related to puberty, including using menstrual products.
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