Overview
In health education, students acquire the health information and skills necessary to become healthy adults and learn about behaviors in which they should and should not participate. To achieve this goal, students will understand the following: 1) students should first seek health care guidance from their parents; 2) health is influenced by a variety of factors; 3) personal behaviors can increase or reduce health risks throughout that person’s life span; 4) students can recognize and utilize health information and products; 5) personal and interpersonal skills are needed to promote individual, family, and community health.

In third, students build on the knowledge and skills learned in the second grade. In addition to learning health care that improves or maintains health habits, students begin to learn the relationship between health and the environment.