

# HEALTH SERIES OVERVIEW

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## FOR SKILLS-BASED HEALTH EDUCATION



**TULSA HEALTH**  
Department  
*School Health Program*

# 5th Grade

## Oklahoma Health Standards

1. Identify short- and long- term physical effects of using tobacco. (1.SU.5.3)
1. Identify characteristics of valid health information, products and services based on self-identified need (e.g., reliable, appropriate, accurate, or trustworthy). (3.AC.5.1)
2. Locate resources from home, school, and the community that provide valid health information. (3.AC.5.2)
3. Explain how family, culture, peers, technology, or media influence a health-related decision. (5.DM.5.3)
4. Examine healthy options to a health-related decision. (5.DM.5.4)
5. Choose a healthy option when making a decision. (5.DM.5.6)
6. Explain the importance of eating a variety of foods from multiple food groups (1.NU.5.2)
7. Apply a variety of healthy practices and behaviors to maintain or improve personal health. (7.SM.5.2)

## Health Behavior Outcomes

- T-1: Avoid using or experimenting with any form of tobacco.  
FN-2: Choose a variety of options within each food group.

## Lesson Objectives

By the end of this lesson students will be able to:

### Accessing Information

- Explain that tobacco use is an addiction.
- Access sources of accurate health information about tobacco.
- Understand they cannot trust everything they read or see.

### Decision Making

- List examples of the physical, social, emotional, and intellectual, dimensions of health.
- Explain how family, peers, trusted adults, and media can affect a health-related decision.
- Identify options when making a health-related decision.
- Support peers in choosing to be tobacco free.

### Self-management

- List examples of the physical, social, emotional, and intellectual, dimensions of health.
- Chose a variety of foods to create a healthy meal.
- Explain the importance of eating a variety of foods from multiple food groups.

# References

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