

# Summary of Key Changes - Health Curriculum

## Grades 1-8

Grade 3

\*OE = Overall Expectation

\*\*SE = Specific Expectation

Topic 1998 Curriculum		Identify Healthy Eating Habits (OE)	Identify Stages in Dev't of Humans (OE)	Recognize Safety Risks and Safe Practices (OE)	Recognize Commonly used Medicines and Household Products (OE)	Topic 2015 Curriculum		C. 1 Understanding Health Concepts (OE)	C. 2 Making Healthy Choices (OE)	C. 3 Making Connections for Healthy Living (OE)	Summary of Key Changes
Grade 3	Healthy Eating (SE)	-Identify foods from different cultures and classify them by food groups  -Describe the benefits of healthy food choices, physical activity, and healthy bodies  -Describe a variety of ways to prevent tooth decay (brushing, rinsing mouth, food choices)				Grade 3	Healthy Eating (SE)	C1.1 - Food origins, nutritional value, and environmental impact	C2.1 - Oral health, food choices	C3.1 - Local and cultural foods, eating choices	<ul style="list-style-type: none"> <li>• Similar expectations to previous Grade 3 curriculum in this strand</li> </ul>

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Personal Safety and Injury Prevention (SE)			<p>-Identify examples of real and fictional violence (schoolyard fights vs. cartoons, movies)</p> <p>-Explain relevant safety procedures (e.g., fire drills, crosswalk, railway-crossing)</p> <p>-Use a problem-solving process to identify ways to obtaining support for personal safety in the home, school, community</p>		Personal Safety and Injury Prevention (SE)		C2.2 - Safety guidelines outside of class (Water safety, internet, fire safety)	C3.2 - Real and fictional violence	<ul style="list-style-type: none"> <li>No change in these expectations from old to new curriculum (other than updating the more "modern" safety concerns, such as the Internet.</li> </ul>
Substance Use and Abuse (SE)				<p>-Define the term drug and identify a variety of legal/illegal drugs</p> <p>-Identify nicotine, caffeine, and alcohol as drugs</p> <p>-Use decision-making skills to make healthy choices about drug use, and recognize the effects of various substances on the body</p>	Substance Use, Addictions, and Related Behaviours (SE)	C1.2 - Impact of use of legal/illegal substances	C.2.3 - Decision making - substance use/behaviours		<ul style="list-style-type: none"> <li>No significant changes to specific expectations in this strand from old to new curriculum</li> </ul>

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Growth and Dev't (SE)		<p>- Outline the basic human and animal reproductive processes (e.g., the union of an egg and sperm)</p> <p>- Describe basic changes in growth and development from birth to childhood (e.g., changes to teeth, hair, feet)</p>			Human Developmen t and Sexual Health (SE)	<p>C1.3 - Healthy Relationships (inclusivity, communicating, mutual respect) and ways to overcome challenges (bullying, exclusion, peer pressure)</p> <p>C1.4 - Physical and emotional dev't factors (sleep, food, physical activity)</p>		C3.3 - Visible, invisible differences, respect and uniqueness of individuals	<ul style="list-style-type: none"> <li>• The Basic changes in Growth from birth to childhood addressed in new Grade 2 curriculum (and also includes adults)</li> <li>• Human Reproductive process not addressed in new Grade 3 curriculum</li> <li>• Healthy Relationship and respecting differences was in the old grade 4 curriculum; now introduced in grade 3.</li> </ul>