

Summary of Key Changes - Health Curriculum

Grades 1-8

Grade 5

*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 5 Healthy Eating (SE)	<p>-Explain the purpose and function of calories and the major food nutrients</p> <p>-Identify critical content information on food labels (e.g., additives, fat content)</p> <p>-Describe the influence of the media on body image (e.g., shape and size)</p> <p>-Explain how changes in our bodies sometimes affect our eating habits (e.g., increased appetite during growth spurts)</p>				Grade 5 Healthy Eating (SE)		C2.1 - Nutrition facts tables, food labels	C3.1 - Media influences - food choices	<ul style="list-style-type: none"> • Similar expectations around reading food labels and facts tables • Similar expectations around the influence of media, but extended beyond body image shape and size to include product claims, celebrity endorsement, product placement in movies • Identifying Nutrients is in new grade 4 curriculum (fat content, additives) but with more focus on protein, vitamins, etc.

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Personal Safety and Injury Prevention (SE)			<p>-Explain how people's actions (e.g., bullying, exclusion) can affect the feelings of others</p> <p>-Apply strategies (e.g., anger management, assertiveness, conflict resolution) to deal with personal safety and injury prevention situations (e.g., swarming, threatening)</p>		Personal Safety and Injury Prevention (SE)	C1.1 - Supports - injury prevention, emergencies, bullying, violence	C2.2 -Strategies - threats to personal safety	C3.2 - Actions of others (in person or online) and how their interactions may affect ones self-concept	<ul style="list-style-type: none"> • Personal injury prevention and conflict resolution -no change • identifying people who can assist (support) in now introduced in grade 5; previously introduced in grade 4 curriculum • Emotional well-being introduced in new grade 5 curriculum
Substance Use and Abuse (SE)				<p>-Describe the short- and long-term effects of alcohol use and abuse</p> <p>-Apply decision-making skills to make healthy choices about alcohol use and recognize factors (e.g., media, family, friends) that can influence the decision to drink</p> <p>-Demonstrate resistance techniques and assertiveness skills when dealing with peer pressure re: substance use or abuse</p>	Substance Use, Addictions, and Related Behaviours (SE)	C1.2 - Short and long-term effects of alcohol use	C.2.3 - Refusal skills -alcohol use and other behaviours	C3.3 - Decision to drink alcohol, influences	<ul style="list-style-type: none"> • No significant changes to specific expectations in this strand from old to new curriculum

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Growth and Dev't (SE)		<p>- Identify strategies to deal positively with stress and pressures that result from relationship with family and friends</p> <p>-Identify factors (e.g., trust, honesty, caring) that enhance healthy relationships with friends, family and peers</p> <p>-Describe the secondary physical changes at puberty (e.g., growth of body hair, changes in body shape)</p> <p>-Describe the processes of menstruation and spermatogenesis</p> <p>-Describe the increasing importance of personal hygiene following puberty</p>			Human Dev't and Sexual Health (SE)	<p>C1.3 - Identify parts of the reproductive system</p> <p>C1.4 - Menstruation, spermatogenesis and how these relate to reproduction</p>	C2.4 - Emotional, interpersonal stresses (crushes, changing bodies) - puberty		<ul style="list-style-type: none"> • Dealing with stress and pressure unchanged, but with addition of how to handle relationships with peers (crushes) • Menstruation and spermatogenesis extended to how they relate to reproduction in the new grade 5 curriculum (reproduction related to puberty introduced in grade 6 in the previous 1998 curriculum). • Personal care and hygiene re: puberty introduced in new grade 4 curriculum