Grade 6 Health Standards & Benchmarks

by the end of Grade 6

Standard 2 Knows environmental and external factors that affect individual and community health.

1. Understands how peer relationships affect health (e.g., name-calling, prejudice, exclusiveness, discrimination, risk-taking behaviors).

Standard 3 Understands the relationship of family health to individual health.

1. Knows how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise).

Standard 4 Knows how to maintain mental and emotional health.

1. Knows appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication).
2. Knows the conditions associated with positive self-esteem.

Standard 5 Knows essential concepts and practices concerning injury prevention and safety.

1. Knows how refusal and negotiation skills can be used to enhance health.

Standard 6 Understands essential concepts about nutrition and diet.

1. Knows the nutritional value of different foods.
2. Knows healthy eating practices (e.g., eating a nutritious breakfast, eating a variety of foods, eating nutritious meals and snacks at regular intervals to satisfy individual energy and growth needs).
3. Knows factors that influence food choices (e.g., activity level, peers, culture, religion, advertising, time, age, health, money/economics, convenience, environment, status, personal experience).
4. Knows how food-preparation methods and food-handling practices affect the safety and nutrient quality of foods.

Standard 7 Knows how to maintain and promote personal health.

1. Knows how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations).

Standard 10 Understands the fundamental concepts of growth and development.

1. Knows the changes that occur during puberty (e.g., physical change such as sexual maturation, changes in voice, acne; emotional and social changes such as a growing sensitivity to peer influence, family tensions, mood swings; cognitive and intellectual development).
2. Knows that the rate of change during puberty varies with each individual and that people vary widely in size, height, shape, and rate of maturation.
**Standard 14** Understands important concepts and skills related to careers in the food science, dietetics, and nutrition industries.

1. Understands various dietary guidelines and food guides and their use in planning a healthy diet (e.g., food pyramid, recommended daily allowances).