

**Health Grade 3**  
**(Investigating Health Knowledge and Information)**  
**Decision-Making (DM)**

<b>OUTCOMES</b>	<b>1 - Beginning</b> The student is having difficulty demonstrating an understanding of the concept.	<b>2 – Approaching</b> The student is developing an understanding of the concept.	<b>3 – Meeting</b> The student consistently demonstrates an understanding of the concept or has achieved the concept.	<b>4-Exemplary</b> The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.
<p><b>DM 3.1</b> <b>I can demonstrate the importance of investigating information for making informed decisions related to healthy foods and physical activity, one’s inner self, helpful and harmful substances, healthy family and home, safety at home, and impact of violence.</b></p>	<ul style="list-style-type: none"> <li>• I can <b>recognize</b> situations in which someone did not investigate the information/facts before making a decision <b>OR</b> someone who did.</li> <li>• I can <b>identify</b> opportunities I can be healthier related to a <b>FEW</b> of:               <ul style="list-style-type: none"> <li>- Healthy foods and physical activity</li> <li>- One’s inner self</li> <li>- Helpful and harmful substances</li> <li>- Healthy family and home                   <ul style="list-style-type: none"> <li>- Impact of Violence</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>describe</b> situations in which someone did not investigate the information/facts before making a decision <b>OR</b> someone who did.</li> <li>• I can <b>identify</b> opportunities I can be healthier related to <b>SOME</b> of:               <ul style="list-style-type: none"> <li>- Healthy foods and physical activity</li> <li>- One’s inner self</li> <li>- Helpful and harmful substances</li> <li>- Healthy family and home                   <ul style="list-style-type: none"> <li>- Impact of Violence</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>describe</b> decisions made by someone who did not investigate the information/facts before making a decision, <b>AND</b> someone who did.</li> <li>• I can <b>identify</b> opportunities I can be healthier related to <b>ALMOST ALL</b> of:               <ul style="list-style-type: none"> <li>- Healthy foods and physical activity</li> <li>- One’s inner self</li> <li>- Helpful and harmful substances</li> <li>- Healthy family and home                   <ul style="list-style-type: none"> <li>- Impact of Violence</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>propose</b> the kinds of information to gather and investigate for making healthy decisions.</li> <li>• I can <b>propose</b> what types of supports I may need when making healthy choices related to:               <ul style="list-style-type: none"> <li>- Healthy foods and physical activity</li> <li>- One’s inner self</li> <li>- Helpful and harmful substances</li> <li>- Healthy family and home                   <ul style="list-style-type: none"> <li>- Impact of Violence</li> </ul> </li> </ul> </li> </ul>
<p>Comments</p>				

<p align="center"><b>Health Grade 3</b> (Investigating Health Knowledge and Information) <b>Apply Decisions (AP)</b></p>				
<b>OUTCOMES</b>	<p><b>1 - Beginning</b> The student is having difficulty demonstrating an understanding of the concept.</p>	<p><b>2 – Approaching</b> The student is developing an understanding of the concept.</p>	<p><b>3 – Meeting</b> The student consistently demonstrates an understanding of the concept or has achieved the concept.</p>	<p><b>4- Exemplary</b> The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.</p>
<p><b>AP 3. 1</b> I can use the understandings, skills, and confidences related to healthy foods and physical activity, my “inner self”, helpful and harmful substances, healthy family and home, safety at home, and impact of violence.</p>	<ul style="list-style-type: none"> <li>• I can <b>tell</b> what healthy actions would be, in a <b>FEW</b> of the following areas:               <ul style="list-style-type: none"> <li>- Healthy foods</li> <li>- Physical activity</li> <li>- My inner self</li> <li>- Helpful and harmful substances</li> <li>- Healthy family and home</li> <li>- Impact of violence</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>demonstrate</b> healthy action in <b>many</b> of the following areas:               <ul style="list-style-type: none"> <li>- Healthy foods</li> <li>- Physical activity</li> <li>- My inner self</li> <li>- Helpful and harmful substances</li> <li>- Healthy family and home</li> <li>- Impact of violence</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>demonstrate</b> healthy action in <b>almost all</b> of the following areas:               <ul style="list-style-type: none"> <li>- Healthy foods</li> <li>- Physical activity</li> <li>- My inner self</li> <li>- Helpful and harmful substances</li> <li>- Healthy family and home</li> <li>- Impact of violence</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• I can <b>demonstrate</b> healthy action in <b>all</b> of the following areas:               <ul style="list-style-type: none"> <li>- Healthy foods</li> <li>- Physical activity</li> <li>- My inner self</li> <li>- Helpful and harmful substances</li> <li>- Healthy family and home</li> <li>- Impact of violence</li> </ul> </li> </ul>
<p>Comments:</p>				