



5th Grade Health Parent Meeting

Foundations of Health Education – Overview of Lessons

Healthy Habits

Introduce the health triangle – balance mental, physical and emotional
Daily routines and personal hygiene practice

Disease

Communicable vs. non communicable diseases
Common types of germs
Preventing the spread of germs

Nutrition

Food pyramid and food plate – food groups and physical activity
Food labels – how to read and interpret nutritional facts
Sugar – good and bad
Choosing healthy snacks and foods – whole vs. processed

Substance Abuse

Dangers and effects – short and long term
Examine the role of peer pressure

Growth and Development (Boys and Girls will be separated)

Overview of growth and development at puberty
Physical, social and emotional changes
Overview of the reproductive system