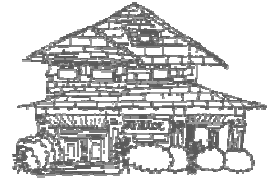


LAUSD Student Learning Standards

Relevant to JEP Minis: **Biology and Exercise Science**



Grades K-4

Upon completion of Grade 4, students will be able to:

- Recognize personal health habits that maintain and enhance health, particularly focusing on the changing needs of preadolescents and adolescents (e.g. practicing good personal hygiene, and getting sufficient sleep and nutrients);
- Judge the nutrient content of various foods and their contribution to health and nutrition using the USDA Food Guide;
- Recognize major factors which influence human growth and use correct terminology for body parts;
- Identify the harmful effects of alcohol, tobacco, and other drugs;
- Describe skills and behaviors that can be used to respond to social influence and pressure to use drugs and alcohol;
- List behaviors that reduce the risk of disease and speedily recover from illness;

Grades K-7

Upon completion of Grade 7, students will be able to:

- Describe factors and behaviors that affect personal health such as developing good hygiene practices, participating in regular health screenings, and physical activity;
- Compare and contrast nutritional value of selected foods that reflect personal, family, and cultural preferences by utilizing the USDA Food Guide Pyramid Guidelines
- Identify the stages of physical, mental, emotional and social growth and development that occur throughout the life cycle;
- Recognize and explain the factors and behaviors that affect the health of families;
- Summarize the effects of chronic and communicable diseases that are prevalent at different stages of life, including HIV/AIDS and other sexually transmitted diseases;
- Specify behaviors that protect health and safety by reducing the risks of being involved in potentially dangerous accidental or violent situations;
- Summarize the influences of cultural, media and technological factors on personal and environmental health.
- Explain how organisms survive, grow and reproduce;
- Classify them according to their characteristics, including cellular structures;
- Analyze their interactions with the environment and other living organisms.