

Grade Three

Unit Title Safety and Accident Prevention – Risk Watch

**Content Area (s)**

- Personal Health     Community Health     Safety & Accident Prevention     Family Life     Environmental Health  
 Nutrition     Consumer Health     Substance Use & Abuse     Growth & Development     Disease Prevention

**Benchmarks:**

Demonstrate understanding of basic health concepts for poison prevention.  
Develop injury prevention and safety strategies.

**PI#**

A7  
C2

**Students will know:**

1. the names of 2 poisons found in the home
2. two poison safety rules
3. to take medication only from a grown-up they trust

**Learning Activities, Student Products, and Assessments (\*)**

1. Lesson #4 in Risk Watch

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

Risk Watch Safety Program  
-grades 3-4  
Lesson #4

**Students will be able to:**

1. identify an adult to tell if someone finds a poison
2. call the Poison Control Center or emergency number in their area
3. recognize poison hazards in their homes

**Key:**  
Art, Music (A,M)  
Guidance (G)  
Nurse (N)  
Physical Ed. (PE)  
Technology (T)  
D.A.R.E. (D)

Grade Three

Unit Title Falls Prevention

**Content Area (s)**

Personal Health

Community Health

Safety & Accident Prevention

Family Life

Environmental Health

Nutrition

Consumer Health

Substance Use & Abuse

Growth & Development

Disease Prevention

**Benchmarks:**

Develop injury prevention and safety strategies for falls prevention.

**PI#**

C2

**Students will know:**

1. Stay away from open windows
2. Avoid playing on stairs
3. Play on "soft" play surfaces

**Learning Activities, Student Products, and Assessments (\*)**

Use Risk Watch-Lesson 5

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

Risk Watch-Lesson 5

**Students will be able to:**

**Key:**

Art, Music (A,M)

Guidance (G)

Nurse (N)

Physical Ed. (PE)

Technology (T)

D.A.R.E. (D)

Grade Three

Unit Title Bike and Pedestrian Safety

**Content Area (s)**

Personal Health

Community Health

Safety & Accident Prevention

Family Life

Environmental Health

Nutrition

Consumer Health

Substance Use & Abuse

Growth & Development

Disease Prevention

**Benchmarks:**

Develop injury prevention and safety strategies for bike and pedestrian safety.

**PI#**

C2

**Students will know:**

1. To wear a helmet every time they ride a bike
2. How to be visible as a pedestrian or bike rider

**Learning Activities, Student Products, and Assessments (\*)**

Risk Watch-Lesson 7

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

Risk Watch-Lesson 7

**Students will be able to:**

**Key:**

Art, Music (A,M)

Guidance (G)

Nurse (N)

Physical Ed. (PE)

Technology (T)

D.A.R.E. (D)

Grade Three

Unit Title Dental Health

**Content Area (s)**

- Personal Health     Community Health     Safety & Accident Prevention     Family Life     Environmental Health  
 Nutrition     Consumer Health     Substance Use & Abuse     Growth & Development     Disease Prevention

**Benchmarks:**

Demonstrate basic care of teeth.  
Demonstrate understanding of basic dental health concepts.

**PI#**  
C3  
A7

**Students will know:**

1. Substances that harm teeth
2. Substances that help protect teeth (i.e. flouride)

**Learning Activities, Student Products, and Assessments (\*)**

1. Use the kit materials to teach basic brushing techniques
2. Use the flouride rinse
3. Complete activities in Tooth Journal\*

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

Colgate Bright Smiles kit  
Tooth Journal booklet

**Students will be able to:**

1. Brush their teeth correctly
2. Use dental floss

**Key:**  
Art, Music (A,M)  
Guidance (G)  
Nurse (N)  
Physical Ed. (PE)  
Technology (T)  
D.A.R.E. (D)

Grade Three

Unit Title Dental Health

**Content Area (s)**

- Personal Health    Community Health    Safety & Accident Prevention    Family Life    Environmental Health  
 Nutrition    Consumer Health    Substance Use & Abuse    Growth & Development    Disease Prevention

**Benchmarks:**

Understand the role of nutrition in dental health.  
Recognize foods that help make healthy teeth and food that cause dental health problems.  
Understand the relationships between food and dental health.

**PI#**  
A1  
C1  
A1

**Students will know:**

1. The importance of the food pyramid in dental health
2. Substances (foods) that are harmful to their teeth

**Learning Activities, Student Products, and Assessments (\*)**

1. Dissolve baby tooth into sugared soda (egg)  
Tooth Journal\*
2. Use of food pyramid
3. Use appropriate trade books

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

Tooth Journal (Renee)  
Open Wide-Laurie Keller  
Arthur's Loose Tooth-Lillian Hoban  
Doctor DeSoto-William Steig  
Arthur's Tooth-Marc Brown  
Food and Nutrition -Food Sciences Dept.  
at University of Maine

**Students will be able to:**

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Art, Music (A,M)  
Guidance (G)  
Nurse (N)  
Physical Ed. (PE)  
Technology (T)  
D.A.R.E. (D)

Grade Three

Unit Title Dental Health

**Content Area (s)**

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**Benchmarks:**

Gain an understanding of how technology affects dental health.

**PI#**  
D3

**Students will know:**

1. Technology used in dental offices

**Learning Activities, Student Products, and Assessments (\*)**

1. Dental hygienists will explain technology (brings in x-ray cards, etc. in dental office)

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

June Toole, Dental Hygienist

**Students will be able to:**

**Key:**

Art, Music (A,M)  
Guidance (G)  
Nurse (N)  
Physical Ed. (PE)  
Technology (T)  
D.A.R.E. (D)

Grade Three

Unit Title Dental Health

**Content Area (s)**

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**Benchmarks:**

Describe the relationship between safety and dental health.  
Develop injury prevention strategies for dental health.  
Compare behaviors that are safe to risky or harmful dental health behaviors.

**PI#**  
A1  
A7  
C2  
C1

**Students will know:**

1. Tools that protect the teeth
2. Dangerous activities for teeth

**Learning Activities, Student Products, and Assessments (\*)**

1. Dental hygienist talk about mouth guards, safety, dangerous activities for teeth.
2. Use of handout explaining what to do if tooth is knocked out.

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

June Toole (check on resources)  
Angela Bond

**Students will be able to:**

1. What to do if a tooth is knocked out

**Key:**

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Physical Ed. (PE)  
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D.A.R.E. (D)

Grade Three

Unit Title Dental Health

**Content Area (s)**

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**Benchmarks:**

Identify community agencies that advocate and support healthy individual(s), families, and communities.

**PI#**  
B3

**Students will know:**

1. That there is a dental health clinic

**Learning Activities, Student Products, and Assessments (\*)**

1. Share that a dental health clinic is available

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

1. Get clinic address from June Toole
2. Maine Department of Human Services

**Students will be able to:**

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**Benchmarks:**

Express opinions and give accurate information about dental health.

**PI#**  
E4

**Students will know:**

**Learning Activities, Student Products, and Assessments (\*)**

Conversations as eating snacks  
Fact/opinion chart\*

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

**Students will be able to:**

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Grade Three

Unit Title Dental Health

**Content Area (s)**

- Personal Health     Community Health     Safety & Accident Prevention     Family Life     Environmental Health  
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**Benchmarks:**

Demonstrate and understanding of basic dental health information.  
Identify basic dental health concepts.

PI#

**Students will know:**

1. Names and locations of teeth
2. Baby teeth are replaced by permanent teeth
3. Foods that help or harm teeth
4. How cavities start

**Learning Activities, Student Products, and Assessments (\*)**

1. Use The Magic School Bus project\*

**Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)**

Magic School Bus packet

**Students will be able to:**

1. Brush their teeth correctly

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Unit Title Dental Health

**Content Area (s)**

- |   |   |   |   |   |
|---|---|---|---|---|
| <input checked="" type="checkbox"/> Personal Health | <input type="checkbox"/> Community Health | <input type="checkbox"/> Safety & Accident Prevention | <input type="checkbox"/> Family Life          | <input type="checkbox"/> Environmental Health |
| <input checked="" type="checkbox"/> Nutrition       | <input type="checkbox"/> Consumer Health  | <input type="checkbox"/> Substance Use & Abuse        | <input type="checkbox"/> Growth & Development | <input type="checkbox"/> Disease Prevention   |

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