

# Maryland Comprehensive Health Education Framework

## Grade 3

### [Maryland Comprehensive Health Education Framework](#)

#### **Mental and Emotional Health**

- Identify characteristics of positive emotional health. 1a.3.1 (Second Step)
- Practice appropriate ways to express emotions. 1a.3.2 (Move, Move, Move)
- Describe your physical responses to strong emotions. 1a.3.3 (Second Step)

#### **Substance Abuse and Prevention**

- Summarize how to use medicines correctly. 1b.3.1 (School Counseling)

#### **Safety and Violence Prevention**

- Describe strategies to follow when approached by a stranger in a variety of situations. 1d.3.13 (School Counseling)
- Explain that it is never a person's fault if someone causes them to feel unsafe. 1d.3.17 (School Counseling)

#### **Healthy Eating**

- Identify the food groups and nutritious food choices from each. 1e.3.1 (Physical Education)
- Describe the benefits of eating a variety of nutritious foods. 1e.3.3 (Physical Education)
- State the benefits of drinking water versus other beverages. 1e.3.4 (Physical Education)
- Explain the benefits of eating in moderation and in line with the idea that "all foods fit." MSDE 1e.3.6 (Physical Education)