

**Comprehensive Health Education in Grade 6**

**Personal and Consumer Health**

**Standard**

**Maryland State Curriculum Content Standard 3:** Students will demonstrate the ability to use consumer knowledge, skills, and strategies to develop sound personal health practices involving the use of health care products, services, and community resources.

**Indicators and Objectives**

<b>VII. Hygiene – Self-Management</b>
<b>1. Analyze the health benefits of routine hygiene practices.</b>
a. Summarize the benefits of good hygiene practices for promoting health and maintaining positive social relationships.
b. Explain the importance of being responsible for personal health and wellness-related behaviors.
c. Analyze personal health and wellness-related practices and behaviors that reduce or prevent health risks.
d. Demonstrate health practice and behaviors to improve the personal health and wellness of one's self and others.