

Health: Grade K

Adopted 2016

Wellness

1. Dimensions of Health

K. Recognize meaning of healthy and unhealthy. [H1.W1.K](#)

2. Hygiene

a. Recognize basic hygiene practices. [H1.W2.K.A](#)

b. Understand which elements of hygiene are essential to good health. [H1.W2.K.B](#)

3. Disease Prevention

a. Understand germs can cause diseases. [H1.W3.K.A](#)

b. Identify ways germs are transmitted. [H1.W3.K.B](#)

c. Describe symptoms that occur when a person is sick. [H1.W3.K.C](#)

4. Analyzing Influences

K. Identify how family influences health practices and behaviors. [H2.W4.K](#)

5. Access Valid Information

K. Identify trusted adults and professionals who can help promote health. [H3.W5.K](#)

6. Communication

K. Demonstrate healthy ways to express needs, wants, and feelings. [H4.W6.K](#)

7. Decision-Making

K. Identify situations when a health-related decision is needed. [H5.W7.K](#)

8. Goal-Setting

K. Identify a personal health goal. [H6.W8.K](#)

Safety

1. Injury Prevention

a. Identify safety hazards in the home. [H1.SA1.K.A](#)

b. Recognize bicycle, pedestrian, and transportation safety rules. [H1.SA1.K.B](#)

c. Identify fire, water, and sun safety rules. [H1.SA1.K.C](#)

d. Explain potential dangers of weapons. [H1.SA1.K.D](#)

2. First Aid

- a. Understand differences between emergency and nonemergency situations. [H1.SA2.K.A](#)
 - b. Identify people to ask for help in an at school. [H1.SA2.K.B](#)
 - c. Identify how to call 911 in emergency situations. [H1.SA2.K.C](#)
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3. Violence Prevention

- K. Understand definition of violence and abuse. [H1.SA3.K](#)
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Nutrition

1. Food Groups and Nutrients

- a. Recognize food groups. [H1.N1.K.A](#)
 - b. Identify healthy and unhealthy foods. [H1.N1.K.B](#)
 - c. Recognize importance of eating breakfast. [H1.N1.K.C](#)
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2. Beverages

- a. Identify daily recommended water intake. [H1.N2.K.A](#)
 - b. Identify healthy and unhealthy beverages. [H1.N2.K.B](#)
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4. Caloric Intake and Expenditure

- K. Describe body signals that tell a person when they are hungry and when they are full. [H1.N4.K](#)
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5. Disease Prevention

- K. Understand that food choices affect health. [H1.N5.K](#)
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6. Nutritional Planning

- K. Identify influences on food and beverage choices and eating behaviors. [H2.N6.K](#)
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Sexual Health

1. Anatomy and Physiology

- K. Understand boys and girls have some body parts that are the same and some that are different. [H1.SE1.K](#)
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2. Growth and Development

- K. Understand living things grow and mature. [H1.SE2.K](#)
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5. Self-Identity

- K. Understand there are many ways to express gender. [H1.SE5.K](#)

6. Healthy Relationships

- a. Recognize characteristics of a friend. [H1.SE6.K.A](#)
 - b. Recognize ways to express feelings. [H1.SE6.K.B](#)
 - c. Identify safe and unwanted touch. [H1.SE6.K.C](#)
 - d. Recognize people have the right to refuse giving or receiving unwanted touch. [H1.SE6.K.D](#)
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Social Emotional Health

1. Self-Esteem

- K. Understand positive self-talk. [H1.S01.K](#)
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3. Stress Management

- K. Identify characteristics of stress. [H1.S03.K](#)
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4. Expressing Emotions

- a. Identify different kinds of emotions. [H1.S04.K.A](#)
 - b. Identify appropriate ways to express and manage emotions. [H1.S04.K.B](#)
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5. Harassment, Intimidation, and Bullying

- K. Recognize bullying and teasing. [H1.S05.K](#)
 - K. Recognize ways to respond appropriately to bullying and teasing. [H4.S05.K](#)
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Substance Use and Abuse

1. Use and Abuse

- a. Understand how medicines are used correctly. [H1.SU1.K.A](#)
 - b. Recognize differences between medicines and harmful drugs. [H1.SU1.K.B](#)
 - c. Identify trusted adults at home and school who administer prescriptions and over-the-counter medicines. [H3.SU1.K.C](#)
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3. Prevention

- K. Understand importance of using medicines only with supervision of a trusted adult. [H1.SU3.K](#)