



Health
First Grade

1.0 Students will comprehend concepts related to health promotion and disease prevention.

- 1.1 Explain what makes a healthful diet.
- 1.2 Demonstrate correct hand-washing techniques.
- 1.3 Identify ways to avoid spreading germs.

2.0 Students will demonstrate the ability to access valid health information and health- promoting products and services.

- 2.1 List three ways to maintain healthy teeth.
- 2.2 Introduce difference between medicines from drugs.
- 2.3 Identify safe ways to use medicines.
- 2.4 Identify and explain poisons.

3.0 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- 3.1 Distinguish between non-nutritious and nutritious food and beverages.
- 3.2 Identify the components of a balanced meal.
- 3.3 Sort foods according to food groups.
- 3.4 Recognizes similarities and differences among families.

4.0 Students will analyze the influence of culture, media, technology and other factors on health.

- 4.1 Discuss ways ads can influence food choices.

5.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health.

- 5.1 Identifies positive ways to resolve conflict by using good character.
- 5.2 Tell ways to be a good friend.

6.0 Students will demonstrate the ability to use goal setting and decision making skills to enhance health.

- 6.1 Develop a personal safety plan: “Say No” “Get Away” “Tell an adult you trust”.
- 6.2 Identify ways that they and others are special.
- 6.3 Difference between safe situation and unsafe situations.
- 6.4 Difference between good, bad, and confusing touches.

7.0 Students will demonstrate the ability to advocate for personal, family and community health.

- 7.1 Practice bus safety rules.
- 7.2 Demonstrate dialing 911 and are able to state the emergency, name, address, and phone number.
- 7.3 Demonstrate stop, drop, and roll.
- 7.4 Identify school and community health helpers.
- 7.5 Knows ways to save the Earth’s resources.
- 7.6 Knows types of pollution.