

Health Education Grade 1

The following health education standards are incorporated into each of the instructional units where appropriate:

- Accessing Information
- Self Management
- Analyzing Influences
- Interpersonal Communication
- Decision Making
- Goal Setting
- Advocacy.

Unit I: Mental Health

Goal. The student will demonstrate the ability to develop knowledge, skills, and behaviors that promote positive relationships.

Objectives- The student will be able to:

- a. Identify behaviors that encourage the development of friendships.
- b. Identify behaviors that discourage the development of friendships.
- c. Show care, consideration, and respect for self, others, and the environment.
- d. Distinguish between tattling and telling.
- e. Identify healthy ways of expressing feelings.
- f. Choose nonviolent strategies to resolve conflicts.
- g. Identify adults who can help solve problems.
- h. Identify and describe characteristics of a good decision.

Unit II: Safety, First Aid, and Injury Prevention

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote safe living in the home, school, and community.

Objectives- The student will be able to:

- a. Practice basic safety rules to be used in the home.
- b. Identify appropriate and safe use of medicines.
- c. Describe how to respond appropriately to emergency situations.
- d. Identify strategies for emergency preparedness.
- e. Practice basic safety rules to be used in the community.
- f. Give examples of confusing and uncomfortable feelings.
- g. Identify the three types of touches: okay, not okay, and confusing.
- h. Use the “no, go, tell, keep telling” strategy for personal body safety.
- i. Identify adults who can help in an abusive situation.

Unit III: Disease Prevention and Control

Goal. The student will demonstrate the ability to understand health promotion and disease prevention concepts to establish a foundation for leading a healthy, productive life.

Objectives- The student will be able to:

- a. Practice healthy personal hygiene habits.
- b. Describe ways germs can enter the body.
- c. Identify ways to prevent germs from entering the body.
- d. Identify ways to protect the five senses.
- e. Identify health care professionals and their roles.

Unit IV: Nutrition and Fitness

Goal. The student will demonstrate the ability to develop knowledge, skills, and attitudes that promote a healthy lifestyle.

Objectives- The student will be able to:

- a. Categorize examples of foods as they fit into MyPyramid.
- b. Identify healthy eating habits, to include five fruits and vegetables every day, and explain how they benefit the body.
- c. Explain the term “physical fitness.”
- d. Identify components of a healthy lifestyle.
- e. Identify common food allergies and risks associated with them.
- f. Illustrate how plants and animals provide food.