

<p style="text-align: center;">Health Education Kindergarten Essential Objectives and Content</p>
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National Standards

The following standards are incorporated into each instructional unit where appropriate:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influences of family, peers, culture, media, technology, and other factors on health behaviors.
- Access valid information, products, and services to enhance health.
- Use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Use decision-making skills to enhance health.
- Use goal-setting skills to enhance health.
- Practice health-enhancing behaviors and avoid or reduce risks.
- Advocate for personal, family, and community health.

UNIT I: Social and Emotional Health

MSC Standard: Students will demonstrate the ability to use mental health knowledge, skills, and strategies to enhance one’s self-concept and one’s relationship with others.

Objectives- The student will be able to:

- a. Show consideration and respect for self and others.
- b. Demonstrate positive communication among peers.
- c. Identify and practice skills for making and keeping friends.
- d. Identify words that describe a variety of feelings.
- e. Discuss healthy ways to express feelings.
- f. Choose nonviolent ways to resolve conflicts.
- g. Identify characteristics that contribute to one’s uniqueness.

UNIT II: Nutrition and Fitness

MSC Standard: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

Objectives- The student will be able to:

- a. Identify sources of foods.
 - Plants
 - Animals
- b. Categorize examples of foods as they fit into MyPyramid.
- c. Identify healthy eating habits and proper eating manners.
- d. Explain the relationship between food and health.
 - Food and the five senses
 - How foods affect the body
- e. Recognize ways the media influences food choices.

- f. Recognize that physical activity is a necessary part of a healthy lifestyle.
- g. Identify common food allergies and risks associated with them.

UNIT III: Safety, First Aid, and Injury Prevention

MSC Standard: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

Objectives- The student will be able to:

- a. Identify how to cross a street safely.
- b. Identify ways to stay safe from fires.
- c. Identify ways to be safe in a car and on the school bus.
- d. Recognize the safe use of medicines.
- e. State the safe use of school materials.
 - Paint
 - Glue
 - Scissors
- f. Describe and practice responding to emergency situations.
 - Tell an adult
 - Call 911
- g. Recite personal information to know when lost or separated from a parent or caregiver and identify adults who can help.
 - Information to know
 - 1. First and last name
 - 2. Address
 - 3. Parent and caregiver first and last name
 - 4. Home phone number
 - Adults who can help
 - 1. Police officer
 - 2. Store clerk (person behind the counter or at a cash register)
- h. Demonstrate safe decision-making skills regarding interactions with strangers.
- i. Use the “No, Go, Tell, Keep Telling” strategy for personal body safety.
- j. Identify adults who can help in an abusive situation.

UNIT IV: Disease Prevention and Control

MSC Standard: Students will demonstrate the ability to apply prevention and treatment knowledge, skills, and strategies to reduce susceptibility and manage disease.

Objectives- The student will be able to:

- a. Recognize that germs can make a person sick.
- b. Recognize the signs of illness and when to tell an adult.
 - Stuffy head
 - Sore throat
 - Cough
 - Headache
 - Feeling hot or cold (fever)
 - Feeling achy

- c. Identify ways to reduce the risk of becoming sick.
 - Washing hands
 - Using tissues
 - Covering mouth and nose when coughing or sneezing
 - Not sharing food and drink items
 - Being immunized
- d. Identify healthy personal hygiene habits and reasons for each.
 - Washing hair regularly
 - Bathing or showering regularly
 - Wearing clean clothes every day
 - Brushing teeth at least twice daily
- e. List the proper times and procedures for washing hands.
 - When to wash hands:
 - After playing with pets or animals
 - Before, during, and after preparing food
 - After using the restroom
 - After coughing or sneezing
 - After handling money
 - After handling trash or taking out garbage
 - Whenever hands come in contact with body fluids (i.e. runny nose, watery eyes, saliva)
 - More frequently when someone in the home is sick
 - When hands are dirty
 - How to wash hands: (according to the USDA)
 - Use liquid soap and warm running water for at least 20 seconds.
 - Wash all parts of the hand including under the fingernails.
 - Rinse hands well to remove all traces of soap.
 - Dry hands with paper towels.
 - Use a paper towel to turn off the faucet.
 - Allow hands to dry thoroughly before contact with anything else.