

Health Education Kindergarten

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

UNIT II: 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. Identify sources of foods.
- 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.
- e. Recognize that physical activity is a necessary part of a healthy lifestyle.
- f. Identify common food allergies and risks associated with them.

UNIT III: Safety, First Aid, and Injury Prevention

Goal. The student will demonstrate the ability to understand the behaviors and skills that 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. Describe and practice the safe use of school materials.
- f. Describe and practice responding to emergency situations.
- g. Recite personal information to know when lost or separated from parent or caregiver and identify adults who can help.
- 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

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. Recognize that germs can make a person sick.
- b. Recognize the signs of illness and when to tell an adult.
- c. Identify ways to reduce the risk of becoming sick.
- d. Identify healthy personal hygiene habits and reasons for each.
- e. List the proper times and procedures for washing hands.