



HEALTH
FIRST GRADE



Health – Grade 1
17.00200

Course Description: Health literacy is the capacity of individuals to obtain, interpret and understand basic health information and services and the competence to use such information and services in the ways which enhance health. The health literate person is a critical thinker and problem solver, a responsible, productive citizen, a self-directed learner and an effective communicator.

Course Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health

- a. The learner will identify behaviors that impact personal health
- b. The learner will describe ways to prevent communicable diseases
- c. The learner will recognize that there are different kinds of germs that cause sickness.
- d. The learner will describe how some sicknesses are passed from one person to another.
- e. The learner will explain reasons for keeping clean and well groomed.
- f. The learner will recognize the importance of regular checkups.
- g. The learner will explain that exercise strengthens bones and muscles.
- h. The learner will explain that personal health, nutrition and safety practices effect growth and development.
- i. The learner will identify the parts and major functions of the skeletal and muscular systems and how practices affect their function
- j. The learner will recognize practices for proper dental hygiene.
- k. The learner will recognize the importance of adequate rest, sleep, and exercise.
- l. The learner will identify conflict and causes of conflict (personal and interpersonal conflict).
- m. The learner will recognize the reasons people need variety, balance and moderation in selecting foods.
- n. The learner will classify foods into appropriate food groups using the food guide pyramid.
- o. The learner will explain the importance of a nutritious breakfast.
- p. The learner will differentiate between safe and unsafe practices when; riding in a car, riding a bicycle, on a playground, in aquatic environments or other outdoor environments.
- q. The learner will explain the importance of the safe and appropriate use of medicines and vitamins (e.g. adult supervision, proper dosage, proper storage and reading the expiration date).
- r. The learner will recognize that alcohol and tobacco products are drugs that harm the body in many ways.
- s. The learner will identify reasons for not eating or drinking potentially dangerous substances provided by strangers or others.
- t. The learner will identify behaviors that impact personal health
- u. The learner will describe ways to prevent communicable diseases

Course Standard 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors

- a. The learner will identify how families influence personal health practices.
- b. The learner will identify what the school can do to support personal health practices

Course Standard 3

Students will demonstrate the ability to access valid information and products and services to enhance

- a. The learner will list the roles and responsibilities of professionals that insist in enhancing health.
- b. The learner will identify ways to locate school and community health helpers.

Course Standard 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

- a. The learner will recognize ways to respond when in an unwanted, threatening, or dangerous situation.

- b. The learner will discuss ways to tell a trusted adult if threatened or harmed.

Course Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health

- a. The learner will identify health- related situations.
- b. The learner will identify people who can help solve problems and make decisions.

Course Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health

- a. The learner will identify actions needed to achieve a short term personal health goal.
- b. The learner will identify who can assist you in achieving health goals outside your family.

Course Standard 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

- a. The learner will practice health behaviors to maintain personal health and wellness.
- b. The learner will model behaviors that reduce health risks.

Course Standard 8

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

- a. The learner will obtain assistance to promote personal health.
- b. The learner will make requests to promote personal health.

