



**HEALTH
KINDERGARTEN**



**Health - Kindergarten
17.00100**

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 recognize that germs can cause sickness.
- b. The learner will identify parts of the body and explain how they work.
- c. The learner will identify the five senses and explains ways to protect the body parts related to them.
- d. The learner will identify the human growth patterns of height and weight.
- e. The learner will compare individual differences and similarities in terms of physical characteristics.
- f. The learner will identify various foods by name.
- g. The learner will identify that physical health is one dimension of health and wellness.

Course Standard 2

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

- a. The learner will explain how family influences personal health practices.
- b. The learner will identify what the school can do to support personal health practices
- c. The learner will State how the media influences behaviors.

Course Standard 3

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

- a. The learner will discuss the role of trusted adults and health professionals as sources of health information.
- b. The learner will identify 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 discuss ways to express feelings in a healthy way.
- b. The learner will develop listening skills to enhance health.

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 discuss when and what assistance is needed for health related situations.

Course Standard 6

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

- a. The learner will name a personal health goal.
- b. The learner will identify family members who can assist with achieving short term health goals.

Course Standard 7

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

- a. The learner will show healthy behaviors that improve personal health and wellness.
- b. The learner will demonstrate healthy behaviors that prevent injuries.

Course Standard 8

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

- a. The learner will seek assistance to promote personal health.
- b. The learner will encourage peers to make positive health choices.

