

Grade 1

Adopted 2012

Comprehend concepts related to health promotion and disease prevention to enhance health.

Identify ways of preventing and controlling disease.

Identify items appropriate for sharing and items not appropriate for sharing.

Introduce healthy snacks.

Identify reasons for taking medicine.

Recognize that health problems should be detected and treated early.

Analyze the influence of family, peers, culture, media, technology, and other factors on health.

Identify factors that contribute to individuality.

Introduce technologies that influence health.

Demonstrate the ability to access valid health information and products and services to enhance health.

Explain the roles of various types of workers in the field of health.

Discuss the roles of emergency workers.

Identify sources of health products and services in the community.

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Describe the difference in verbal and nonverbal communication.

Demonstrate attentive listening skills to build and maintain healthy relationships.

Demonstrate the ability to use decision-making skills to enhance health.

Identify guidelines for making wise food choices.

Explore a variety of physical activities.

Identify safe and unsafe behaviors.

Demonstrate the ability to use goal-setting skills to enhance health.

Set a personal health goal and track progress toward its achievement.

Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Explain ways family members work together to obtain and maintain healthy behaviors.

Contrast safe and risky behaviors.

Identify healthy habits that ensure good hygiene.

Demonstrate the ability to advocate for personal, family, and community health.

Understand the importance of influencing others to make healthy choices.

Work collaboratively in small groups to achieve a common goal.