
Health Education: Kindergarten

The content in the DoDEA health education standards is organized into seven strands. The six standards in the first strand, Health Literacy Skills (HESK), address skills that are for personal, family and community health enhancement. These standards teach essential and transferable skills that foster health efficacy. The skills also are applicable as learning tools for the other six content strands. The standards in the Health Literacy Skills strand are consistent throughout all grade levels and matched at each grade level with content standards in the other strands as important similarities are identified. The standards in the remaining content strands, Personal and Community Health (HE1); Safety and Injury Prevention (HE2); Nutrition and Physical Activity (HE3); Mental Health (HE4); Alcohol, Tobacco, and Other Drugs (HE5); Family Life and Human Sexuality HE6) progressively change through the grade levels.

Strand:

HESK Health Literacy Skills

Essential Understanding: **KHESK** Demonstrating health literacy skills leads to personal family and community health.

The student will:

Standards:

KHESK1: access valid health information;
KHESK2: practice health-enhancing behavior;
KHESK3: analyze influences on health;
KHESK4: use interpersonal communications skills to enhance health;
KHESK5: use goal setting and decision making skills to enhance health; and
KHESK6: advocate for health.

Strand:

HE1 Personal and Community Health

Essential Understanding: **KHE1** Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

KHE1a: list ways germs are spread;
KHE1b: cite proper dental care procedures;
KHE1c: describe how to protect self from health dangers
examples are:
 ▪ open cuts,
 ▪ sharing food and toys, and
 ▪ physical contact;
KHE1d: provide examples of habits of cleanliness related to personal hygiene and belongings.

Strand:

HE2 Safety and Injury Prevention

Essential Understanding: **KHE2** Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

- Standards:
- KHE2a:** recognize several safe behaviors practiced at home, at school, and in the community, examples are:
 - hand washing,
 - fire drills,
 - pedestrian safety,
 - back pack safety, and
 - poison safety;
 - KHE2b:** explain appropriate strategies for getting adult help in an emergency; and
 - KHE2c:** give examples of playground, school bus, and classroom safety rules.

Strand:

HE3 Nutrition and Physical Activity

Essential Understanding: **KHE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

- Standards:
- KHE3a:** identify snack foods that help the teeth and body;
 - KHE3b:** recognize appropriate food-handling practices; and
 - KHE3c:** identify physical activities that are fun to do at school and at home.

Strand:

HE4 Mental Health

Essential Understanding: **KHE4** Mental health is essential to general well-being

The student will:

- Standards:
- KHE4a:** describe types of emotions;
 - KHE4b:** describe appropriate ways to express needs, wants, and feelings; and
 - KHE4c:** describe ways to communicate care, consideration, and respect of self and others.

Strand:

HE5 Alcohol, Tobacco, and Other Drugs

Essential Understanding: **KHE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

- Standards:
- KHE5a:** recognize that some household products are harmful if ingested or inhaled;
 - KHE5b:** recognize that tobacco smoke is harmful to health and should be avoided; and
 - KHE5c:** recognize that some medicines and candies look alike and when found must be avoided and reported to a responsible adult.

Strand:

HE6 Family Life and Human Sexuality

Essential Understanding: **KHE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

Standards:

KHE6a: describe how families are similar and how they differ in membership and functions of family members;

KHE6b: recognize that humans grow and change;

KHE6c: describe likenesses and differences among peers; and

KHE6d: recognize what a friend is and what a friend does.