
Health Education: Pre-Kindergarten

In addition to the content standards, Health Education teachers must instill health literacy skills (HESK) into classroom activities. The six HESK have a two-fold benefit. First, they promote personal, family, and community health. Second, they teach essential and transferable skills that include accessing data, analyzing information, setting goals, and communicating ideas.

Strand:

HESK Health Literacy Skills

The student applies health literacy skills in concert with health concepts to enhance personal, family and community health; that is, the student will:

Standards:

- HESK1:** access valid health information;
- HESK2:** practice health-enhancing behavior;
- HESK3:** analyze influences on health;
- HESK4:** use interpersonal communications skills to enhance health;
- HESK5:** use goal setting and decision making skills to enhance health; and
- HESK6:** advocate for health.

Strand:

HE1 Personal and Community Health

The student understands the basic concepts of hygiene, health habits, and health promotion; that is, the student will:

Standard:

- HE1a:** practice age-appropriate disease prevention behaviors (e.g., covering mouth, using tissues, washing and drying hands).

Strand:

HE2 Safety and Injury Prevention

The student demonstrates understanding of basic concepts related to safety, injury prevention or sudden illness, and prevention of child abuse and child neglect; that is, the student will:

Standards:

- HE2a:** tell the difference between emergency and non-emergency situations; and
- HE2b:** identify safety rules and practices used in home and school.

Strand:

HE3 Nutrition and Physical Activity

The student understands how healthful nutrition and physical activity contribute to growth and energy and help prevent chronic diseases such as heart disease, cancer, and diabetes; that is, the student will:

Standards:

- HE3a:** describe appropriate food choices for snacks; and
- HE3b:** explore a variety of physical activities.

Strand

HE4 Mental Health

The student understands how mental health contributes to general well-being; that is, the student will:

Standards:

- HE4a:** explore ways to express needs, wants, and feelings; and
- HE4b:** explore ways to communicate care, consideration, and respect of self and others.

Strand

HE5 Alcohol, Tobacco, and Other Drugs

The student understands licit and illicit drugs and how to prevent abuse and access intervention and treatment resources; that is, the student will:

Standard:

- HE5a:** recognize danger labels on products.

Strand

HE6 Family Life and Human Sexuality

The student understands the developmental changes that occur as he or she grows and matures through childhood to young adulthood and how these changes prepare one for adult roles in the family and society; that is, the student will:

Standards:

HE6a: identify family members and responsibilities within family units; and

HE6b: describe relationships that exist within the family.