

## Health Education: Pre-Kindergarten

### Health Literacy Skills

- Accesses valid health information
- Analyzes influences on health
- Practices health-enhancing behaviors
- Uses interpersonal communications skills to enhance health
- Uses goal-setting and decision-making skills to enhance health
- Advocates for health

### Personal and Community Health

- Recognizes age-appropriate disease-prevention behaviors

### Safety and Injury Prevention

- Identifies safety rules and practices used in home and school

### Nutrition and Physical Activity

- Describes appropriate food choices for snacks
- Explores a variety of physical activities

### Mental Health

- Explores ways to express needs, wants, and feelings

### Alcohol, Tobacco, and Other Drugs

- Recognizes danger labels on products

### Family Life and Human Sexuality

- Identifies family members and responsibilities within family units
- Describes relationships that exist within the family