

Health Education: 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

- Lists ways germs spread
- Cites proper dental care procedures

Safety and Injury Prevention

- Recognizes several safe behaviors practiced at home, at school and in the community.

Nutrition and Physical Activity

- Identifies snack foods that help the teeth and body
- Recognizes appropriate food-handling practices

Mental Health

- Describes types of emotions
- Describes appropriate ways to express needs, wants, and feelings

Alcohol, Tobacco, and Other Drugs

- Recognizes that some household products are harmful if ingested or inhaled
- Recognizes that tobacco smoke is harmful to health and should be avoided

Family Life and Human Sexuality

- Describes how families are similar and how they differ in members and functions
- Recognizes that humans grow and change
- Recognizes what a friend is and what a friend does