

Health Education: Grade 1

Health Literacy Skills

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

Personal and Community Health

- Describes barriers to prevent disease transmission
- Explains roles of familiar health professionals
- Explains why hygiene is important to good health

Safety and Injury Prevention

- Lists appropriate safe behaviors with others
- Explains ways to obtain help in an emergency

Nutrition and Physical Activity

- Identifies food groups that constitute a healthful diet
- Recognizes types of physical activity that help the body

Mental Health

- Recognizes uniqueness and similarities of self and others
- Demonstrates appropriate ways to express needs, wants, and feelings

Alcohol, Tobacco, and Other Drugs

- Defines the term “drug”

Family Life and Human Sexuality

- Identifies what it means to be a responsible family member
- Cites the qualities of a healthful friendship