

Health Education: 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:

Standards:

- HE1a:** list ways germs are spread;
- HE1b:** cite proper dental care procedures;
- HE1c:** describe how to protect self from health dangers such as open cuts, sharing food and toys, physical contact; and
- HE1d:** demonstrate habits of cleanliness related to personal hygiene and belongings.

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:** name several safe behaviors practiced at home, at school, and in the community;
- HE2b:** explain appropriate strategies for getting adult help in an emergency; and
- HE2c:** follow playground, school bus, and classroom safety rules.

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:** identify snack foods that help the teeth and body;
- HE3b:** demonstrate appropriate food-handling practices; and
- HE3c:** identify physical activities that are fun to do at school and at home.

Strand

HE4 Mental Health

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

Standards:

- HE4a:** describe types of emotions;

- HE4b:** describe appropriate ways to express needs, wants, and feelings; and
- HE4c:** describe 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:

Standards:

- HE5a:** explain how to be careful with medicines; and
- HE5b:** 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

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:** describe different family structures and customs;
- HE6b:** recognize that humans grow and change; and
- HE6c:** recognize what a friend is and what a friend does.