Alabama Health Education

Grade 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Promotion

Health Behaviors

1 Explain how healthy behaviors impact personal health. 1.1.1

Nutrition &

2 List food safety precautions. 1.1.2

Drug Awareness

3 Explain how overthe-counter and prescription medicines can be misused. 1.1.3

Hygiene

4 Explain rationale for not sharing hygiene products. Examples: combs, brushes, toothbrushes 1.1.4

Disease Prevention & Health Care

5 Apply measures for cleanliness and disease prevention. 1.1.5

Safety

6 Demonstrate asking for assistance to enhance safety for self and others. Example: practice what to say when calling 911 or other emergency numbers. 1.1.6

Dimensions of Health

7 Identify positive examples of social and emotional health. 1.1.7

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Analyzing Influences

Family, Peer, & Culture

1 Contrast tattling with reporting aggression, bullying, and violent behavior. 1.2.1

a List healthy foods served by the school cafeteria. 1.2.1A

Media & Technology

2 Describe how advertisements can influence food choices. Example: show healthy vs. unhealthy options 1.2.2

Students will demonstrate the ability to access valid inf an he...

Access to Information

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Information, Products, & Services

1 Describe the roles of various health care professionals. 1.3.1

2 Identify school and community health helpers who can be contacted in emergencies. Examples: nurse, counselor, EMT 1.3.2

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

Social

1 Identify ways listening skills can be used to build and maintain healthy relationships. Example: taking turns talking and listening 1.4.1

Emotions & Feelings

2 Discuss ways to express feelings to peers in a healthy way. Example: speaking calmly 1.4.2

Conflict Resolution

3 Interpret the feelings of and describe ways to show empathy for others. 1.4.3

Refusal Skills

4 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. Example: runhide-fight 1.4.4

5 Identify appropriate and inappropriate touches. Example: recognizing touching in the bathing suit zone as inappropriate 1.4.5

Students will demonstrate the ability to use decision-making skills to enhance health.

Decision -Making

Problem Solving

1 Describe situations in which students must choose between healthy and risky behaviors. 1.5.1

Students will demonstrate the ability to use goal-setting skills to enhance health.

Goal -Setting

Self-Awareness

1 Create an ageappropriate personal health goal. 1.6.1

Problem-Solving

2 Describe ways that parents and other trusted adults can help a student achieve a health goal. 1.6.2

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Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	**Self-Management** Monitor Progress 1 Identify healthy practices and behaviors to maintain and improve personal health. 1.7.1 Injury Prevention 2 Determine behaviors that avoid or reduce injury. Examples: importance of riding in the back seat, meaning of traffic signs, safe pedestrian behaviors 1.7.2
Students will demonstrate the ability to advocate for personal, family, and community health.	**Advocacy** Promote Healthy Habits 1 Encourage peers to make positive health choices. Examples: reminding peers to cover their nose and mouth when sneezing, offering helpful suggestions when peers are trying to resolve a conflict 1.8.1