

Health Literacy: Grades K, 1, 2

Adopted 2010

Understand and use basic health concepts to enhance personal, family, and community health.

Know and use concepts related to health promotion and disease prevention.

- Identify ways to be healthy.
- Recognize multiple dimensions of wellness.
- Describe how physical, emotional, social, and environmental factors influence personal health.
- Identify ways to prevent illness and injury.
- Know when and how to ask for help with health care.
- Identify the impact of personal health behaviors on the functioning of body systems.
- Recognize that personal health behaviors influence an individual's well being.
- List preventive physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance and stress reduction.

Analyze influencing factors on health enhancing behaviors.

- Identify positive and negative effects of media and technology upon health practices and choices.

Understand and use interactive literacy and social skills to enhance personal, family, and community health.

Demonstrate social and communication skills to enhance health and increase safety.

- Demonstrate verbal and nonverbal ways to express wants, needs, and feelings appropriately.
- Choose effective conflict management strategies.
- Show how to ask for help.
- Identify ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Identify personal health needs.
 - Articulate ways to influence and support others to make positive health choices.
 - Identify ways to improve family and community health.
 - Recognize mean and violent acts and demonstrate appropriate responses.
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Recognize critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision making skills.

- Understand the interrelationships between decisions, choices and consequences.
 - Recognize the effectiveness of health-related decisions.
 - Recognize the need to ask for assistance when making health-related decisions.
 - Identify that health related decisions have an impact on individual, family, community, and environment.
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Demonstrate goal-setting skills.

- Set personal goals.
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Identify influences that affect personal health and the health of others.

Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.

- Identify negative and positive health practices.
 - Describe how culture influences personal health choices.
 - Identify trusted adults/professionals who can help.
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Access valid information, products and services.

- Selects appropriate products for minor injuries or illnesses.
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Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Achieve and maintain health enhancing level of physical activity.

- Practice fitness skills.
 - Practice basic health enhancing physical behaviors.
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Practice preventive health behaviors.

- Identify stress and stress relievers.
- Identify risk behaviors and practice healthy choices.
- Identify healthy foods.
- Identify behaviors that contribute to total wellness for individuals, families and communities.