Kansas Health Education

Grades K-2

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

Community Health

1. Community helpers (police, firefighters, nurses, sanitation, doctors, EMT, etc.) 2.1
2. Local community needs/issues/events 2.2
3. Healthy Communities (home, neighborhoods, school, etc.) 2.3

Consumer Health

1. Reliable health-care products, safety professionals, and services 2.1
2. Safety rules for using medicines and health-care products 2.2
3. Interpersonal and intrapersonal influences on health choices 2.3

Environmental Health

1. Healthy and clean communities 2.1
2. Reduce, reuse, recycle, and alternatives 2.2
3. Types of pollution 2.3
4. Environmental health hazards (air, soil, sun, water, noise, food, chemicals, etc.) 2.4

Human Sexuality and Relationships

1. Stages of growth and development 2.1
2. Body parts and their functions 2.2
3. Five senses 2.3
4. Similarities and differences as individuals and families 2.4
5. Adapting to changes within families 2.5
6. Responsibilities/roles of family members 2.6

Injury Prevention and Safety

1. Safety rules and laws (ex. - seat belts, helmets, crossing the street, sunscreen, fire safety, etc.) 2.1
2. Emergency and non-emergency situations 2.2
3. Refusal skills and decision making, to reduce accidents and injuries 2.3
4. Responding to unwanted, threatening, or dangerous situations 2.
5. Strategies to report verbal, mental and physical harm 2.5
6. Conflict resolution steps 2.6

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7 Dangers of poisons 2.7

Mental and Emotional Health

1 Healthy ways to communicate needs, wants, and feelings 2.1

2 Communicating care, consideration, and respect 2.2

3 Development of coping skills 2.

4 Positive body images and self-esteem 2.4

5 Bullying/harassment prevention 2.5

Nutrition

1 Digestion 2.1

2 Role of food and nutrients in providing energy 2.2

3 Balanced diet 2.3

4 Impact of food choices 2.4

5 Food groups 2.5

6 Daily requirements for water 2.6

7 Safe food-handling practices 2.7

8 Relationship between exercise and nutrition 2.8

Personal Health

1 Functions of major body organs 2.1

2 Maintaining clean skin, hair, teeth and clothes 2.2

3 Heart-healthy activities and the benefits of exercise 2.

4 Importance of personal health and to seek health care 2.

5 Healthy and unhealthy behaviors impact personal health and self-worth 2.5

Prevention & Control of Disease

1 Health plan for germ protection for disease prevention 2.1

2 Common childhood illnesses and symptoms 2.2

3 Communicable and non-communicable illnesses 2.

4 Roles of the body and medicines in preventing germs 2.

5 Relationship between nutrition, exercise and disease prevention 2.

6 Types of germs and transmissions 2.6

7 Purpose of immunizations 2.7

8 Importance of routine check-ups 2.8

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ıbstance Use and Abuse & Addiction

Drug types and dangers of each (alcohol, tobacco, other illegal drugs) 2.1

2 Helpful and harmful drugs 2.2

3 Appropriate use of medicine 2.3

4 Safe choices with medicines and drugs 2.4

5 Effects of medicines and drugs 2.5

6 Refusal skills 2.6