

# Grade 1

Adopted 2007

## Nutrition and Physical Activity

### 1: Core Concepts

- 1.1 Describe the benefits of eating healthy snacks.
  - 1.2 Describe the benefits of being physically active.
  - 1.3 Describe the health benefits of drinking water, compared to other beverages.
  - 1.4 Classify foods according to the food groups.
  - 1.5 Describe how physical activity, rest, and sleep help a person stay healthy.
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### 3: Health Behaviors

- 1.6 Explain the importance of eating a variety of foods from all of the food groups.
  - 1.7 Suggest a food from each of the food groups that could be eaten as a healthy snack.
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## Alcohol, Tobacco, and Other Drugs

### 1: Core Concepts

- 2.1 Identify household products that are harmful if touched, ingested, or inhaled.
  - 2.2 Describe ways that over-the-counter and prescription medicines can be helpful or harmful.
  - 2.3 Explain the differences between over-the-counter and prescription medicines and illicit drugs.
  - 2.4 State that all forms of tobacco products contain harmful chemicals, including the drug nicotine.
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### 2: Access Information

- 2.5 Identify trustworthy adults who are sources of accurate information about potentially poisonous household products.
  - 2.6 Apply knowledge of product label warnings to gain accurate information about potentially poisonous household products.
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### 3: Health Behaviors

- 2.7 Apply rules for handling household products and avoiding poisons.
  - 2.8 Describe how to safely use medicines.
  - 2.9 Apply strategies to hypothetical situations to avoid exposure to secondhand smoke.
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## Safety

### 1: Core Concepts

- 3.1 Describe fire and burn hazards.
  - 3.2 Describe wheeled recreation hazards.
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### 2: Access Information

- 3.3 Demonstrate the procedure for using 911 to get help in emergencies.
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### 3: Health Behaviors

- 3.4 Apply strategies to prevent fires and burns to hypothetical situations.
  - 3.5 Demonstrate actions to take in a fire emergency.
  - 3.6 Describe situations that are dangerous, destructive, and disturbing and that need to be reported to an adult.
  - 3.7 Practice escaping unsafe situations by getting away, leaving, and telling an adult.
  - 3.8 Apply strategies and rules for safe wheeled recreation, including the proper use of safety gear.
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## Social and Emotional Health

### 1: Core Concepts

- 4.1 Describe ways family members and friends help each other.
  - 4.2 Explain the role of listening and paying attention in building and maintaining friendships.
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### 3: Health Behaviors

- 4.3 Apply skills to find out how others are feeling.
  - 4.4 Apply skills to predict the potential feelings of others.
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### 6: Decision Making

- 4.5 Describe characteristics of people who can help make decisions and solve problems.
  - 4.6 Explain the decision making and problem solving steps.
  - 4.7 Apply the steps to making a decision or solving a problem.
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### 7: Social Skills

- 4.8 Apply effective listening and attending skills.
  - 4.9 Demonstrate giving and accepting a compliment or statement of appreciation.
  - 4.10 Apply "please," "thank you," "excuse me," and "I am sorry" to appropriate situations.
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## Personal Health and Wellness

### 1: Core Concepts

- 5.1 Explain the importance of taking care of teeth.

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### **3: Health Behaviors**

**5.2** Demonstrate proper tooth brushing techniques.

**5.3** Demonstrate skills to reduce the spread of germs.