

# Grade K

Adopted 2012

**Comprehend concepts related to health promotion and disease prevention to enhance health.**

**Explain how childhood injuries and illnesses can be prevented or treated.**

**Describe relationships between personal health behaviors and individual well-being.**

**Describe the functions of the five senses.**

**Identify the food groups of the Choose My Plate.**

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

**Understand the differences among peers and how they relate to culture.**

**Demonstrate the ability to access valid health information and products and services to enhance health.**

**Demonstrate healthy behavior in daily activities.**

**Identify healthy helpers in the community.**

**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Demonstrate ability to work in group settings without interfering with others.**

**Explain healthy ways to express feelings.**

**Identify positive and negative ways to get attention.**

**Identify ways families meet the needs and wants of each family member.**

**Identify characteristics of a friend.**

**Demonstrate the ability to use decision-making skills to enhance health.**

**Identify healthy foods to include snacks and drinks.**

**Identify healthy activity choices.**

**Identify characteristics of a healthy home and community.**

**Demonstrate the ability to use goal-setting skills to enhance health.**

**Explain how to set personal health goals and track progress toward achievement.**

---

**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Define germs and list methods of protection from illness.**

---

**Recognize strangers and how to respond.**

---

**Understand procedures in the case of an emergency.**

---

**Demonstrate the ability to advocate for personal, family, and community health.**

**Recognize health services in the community that promote health and safety (e.g., firefighter, sanitation worker, police officer, paramedic).**