Missouri Health

Grade 1

Adopted 2007

Functions and Interrelationships of Systems

1. **Structure and Functions of the Body**
   - A. Sensory System
     - a. Illustrate the functions of the five senses (e.g., eyes to see).
   - B. Muscular System
     - a. Identify a muscle in each region of the body (e.g., arms, torso, legs).
   - C. Skeletal System
     - a. Identify a bone in each region of the body (i.e., head, arms, torso, and legs).
   - E. Cardio-respiratory/Circulatory System
     - a. Predict what happens to your heart rate during physical activity.
   - F. Respiratory System
     - a. Identify the basic components of the respiratory system (e.g., nose, mouth, lungs).

2. **Social, Emotional and Mental Health**
   - A. Influence of Family and Peers
     - a. Identify responsibilities within a family and describe characteristics needed to be a responsible family member.
   - B. Responsibilities in Society
     - a. Recognize how each person has a unique contribution (e.g., physical, mental, cultural, ethnicity) to their community (e.g., classroom, school, neighborhood).
   - C. Communication Skills
     - a. Identify a variety of feelings and situations that may require adult assistance.

Health Maintenance and Enhancement

1. **Personal and Family Health**
   - A. Personal Health
     - a. Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene.
   - B. Preventive Care
     - a. Identify preventive health care (e.g., immunizations, regular health and dental check-ups).

Skip to main content

D. Health and Skill Related Fitness

a. Recognize that physical activity increases heart and respiratory rate.

2. Nutrition

A. Essential Nutrients and Food Groupings

a. Recognize that foods come from plant and animal sources and provide the body with fuel (energy).

b. Recognize that food fits into different groups and that different amounts are needed from each food group for healthy eating (i.e., grains, fruits, vegetables, dairy, beans, meats).

C. Food Labels

a. Recognize that packaged food products contain labels.

D. Food Handling and Safety

a. Illustrate proper food safety procedures (e.g., washing hands, not touching other's food, double dipping).

E. Food Energy and Physical Activity

a. Recognize that food provides the body with fuel (energy) (e.g., importance of eating breakfast).

3. Consumer Health and Safety

C. Community Services/Careers

a. Describe the responsibilities of various community helpers.

4. Life Management Skills

A. Decision Making and Problem Solving

a. Recognize that decisions have consequences.

B. Refusal/Assertive Skills and Conflict Resolution

a. Describe what causes disagreements/fights and how to avoid them.

C. Goal Setting and Asset Development

a. demonstrate how goal-setting can help a person make a difference in their health or fitness.

D. Stress Management and Coping Skills

a. Recognize what stress is and how it affects the body.

E. Harassment/Bullying and Violence Prevention

a. Identify a trusted adult.

b. Identify acceptable and unacceptable behavior toward others and list positive ways to deal with those behaviors.

Skip to main content

Risk Assessment and Reduction

1. **Disease Prevention and Control**
   - A. Communicable vs. Non-Communicable Diseases
     - a. Identify signs of illness and list ways to help you recover.
     - b. Define germs, where they are found, and what harm they cause to the body.
   - B. Body Defenses and Recovery
     - a. Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods).
   - E. HIV/AIDS Prevention Education
     - a. Recognize that bodily fluids can carry harmful diseases and that some diseases are easily transmitted while others are not.

2. **Injury Prevention and Safety**
   - A. Safety for Home, School, and Communities
     - a. Identify ways to stay safe in bad weather (e.g., tornado, electric storms).
     - b. Identify safety rules for being around strangers and using the internet.
     - c. Identify potential hazards in and around the home (e.g., kitchen, bathroom, yard, evacuation plan).
   - B. First Aid Procedures
     - a. Identify individuals who can properly assist with first aid procedures (e.g., school nurse, lifeguard, teacher, parent, babysitter).
   - C. Activity Related Injuries and Environmental Conditions
     - a. Match safety equipment to the activity or sport.
   - D. Water-Related Emergencies
     - a. Demonstrate specific safe practices and procedures in and around water (e.g., life jackets, buddy system, inclement weather).

3. **Substance Education**
   - A. Safe and Unsafe Substances
     - a. Identify alcohol, tobacco, and medicines as drugs.
     - b. Differentiate what is and what is not medicine and it's proper and improper use (e.g., vitamins).
   - B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances
     - a. Distinguish between over-the-counter and prescription drugs.

Skip to main content

4. **Environmental Health**
    A. Effects of Pollution on Health
        a. Identify substances that pollute the air and harm your lungs.
        b. Recognize the effects of noise pollution on the body (e.g., loud music, headsets).