Utah Health

Grade 1 (June 2026 edition)

HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF (HF) Students will learn the importance of goals and decision-making skills and continue to develop healthy relationship skills.	1 **Define goals and explain why setting goals is important.** 1.HF.1 2 **Explain how to make good decisions and how all decisions can affect self or others.** 1.HF.2 3 **Demonstrate how to express gratitude, treat others with kindness, and respect differences.** 1.HF.3
MENTAL AND EMOTIONAL HEALTH (MEH) Students will practice expressing emotions and bully prevention strategies.	1 **Define what bullying is and is not and demonstrate what to say and do if someone is bullying or bothering oneself or others. Compare these actions with kindness.** 1.MEH.1 2 **Demonstrate healthy ways to express needs, wants, and feelings.** 1.MEH.2
SAFETY AND DISEASE PREVENTION (SDP) Students will learn specific behaviors to prevent disease, common injuries, and avoid dangerous situations.	1 **Understand how proper use of equipment (for example, helmets, sports equipment, seat belts, booster seats) helps protect from injury.** 1.SDP.1 2 **Identify when an environment or situation is not safe (for example, abuse, bullying, harmful substances, firearms, fire, medical emergency) and understand how to react and promptly report to a trusted adult (for example, parent, guardian, relative, teacher, counselor, clergy) or emergency services.** 1.SDP.2 3 **Recognize the importance of using electronic devices only with trusted adult supervision.** 1.SDP.3 4 **Describe behaviors that may prevent and reduce the risk of disease.** 1.SDP.4 5 **Recognize the importance of never touching another person's blood or other bodily fluids.** 1.SDP.5
SUBSTANCE ABUSE PREVENTION (SAP) Students will understand when su or	1 **Compare and contrast the difference between helpful and harmful substances.** 1.SAP.1 2 **Explain the importance of only taking medicine with adult supervision.** 1.SAP.2 **ractice strategies that can be used to refuse harmful substances.** 1.SAP.3

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NUTRITION (N) Students will learn how to fuel their body with healthy food choices.	**1** Recognize major food groups, including water, and list a variety of healthy foods in each group. 1.N.1
	2 Identify foods and beverages that are healthy choices for the body and explain the importance of choosing healthy foods at each meal. 1.N.2
	3 Describe how food is fuel for the body. 1.N.3
	4 Recognize not all food products advertised or sold are healthy. 1.N.4
HUMAN DEVELOPMENT (HD) Students will review basic hygiene skills, learn how human development var- ies, and practice refusal skills. Utah Code requires parental notification for instruction on child sexual abuse prevention.	**1** Explain how hand washing, clean clothes, and oral hygiene are important for a healthy body. 1.HD.1
	2 Explain how the right amount of sleep contributes to health and wellness. 1.HD.2
	3 Recognize that healthy bodies come in different shapes, sizes, and abilities. 1.HD.3
	4 Discuss how to clearly say no, leave a situation or interaction, and identify and talk with a trusted adult when feeling uncomfortable, unsafe, or afraid. 1.HD.4