Grade 1 — grade-specific indicators

Motor Development and Coordination	**Children develop strength, eye-hand coordination, and control of their small or fine motor muscles.** 1 Use smooth, controlled finger and hand movements that also require eye-hand coordination (e.g., pours water into a water bottle with a small opening with little spillage, traces shapes)
Health and Safety Practices	**Children develop healthy eating habits and knowledge of good nutrition.** 1 Identify a variety of nutritious food choices 2 Select a variety of foods that can be eaten for healthy snacks 3 Create a list of foods that should be limited 4 Communicate the importance of eating a variety of nutrient-rich foods