Virginia Health

Kindergarten

Essential Health Concepts

1 The student will identify and describe key health and safety concepts. K.1

Body Systems

a Identify major body parts (e.g., head, torso, arms, legs, hands, feet, muscles, bones). K.1.A

b Describe the five senses (i.e., sight, hearing, smell, taste, touch). K.1.B

Nutrition

c Identify the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains) and a variety of foods and beverages from each group. K.1.C

d Explain what it means to have a food allergy. K.1.D

Physical Health

e Describe different types of physical activity and recognize the need for regular physical activity. K.1.E

f Recognize the importance of a regular bedtime routine and enough sleep. K.1.F

Disease Prevention/Health Promotion

g Define germs and describe how germs (e.g., bacteria, viruses) may cause common diseases (e.g., cold, flu). K.1.G

h Describe the function of the teeth, how to take care of them, and the health professionals that help care for teeth (e.g., dentist, hygienist). K.1.H

Substance Abuse Prevention

i Identify medicine as a pill or liquid that can be taken to feel better when sick but can cause harm if misused. K.1.I

j Describe how medicine and other substances can be helpful or harmful, and recognize poison warning labels. K.1.J

Safety/Injury Prevention

k Describe pedestrian, bike, bus, and playground safety practices. K.1.K

l Describe emergency and nonemergency situations. K.1.L

m Identify household products that are harmful or poisonous. K.1.M

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Mental Wellness/Social and Emotional Skills

n Identify a variety of feelings (e.g., happiness, sadness, anger, fear, frustration, calmness). K.1.N

o Describe what it means to be a friend and how to show kindness, consideration, and concern for others (i.e., self-awareness, social awareness, and relationship skills). K.1.O

p Describe personal space. K.1.P

Violence Prevention

q Recognize that classroom rules are important for school (e.g., sharing, respecting others). K.1.Q

Community/Environmental Health

r Identify items and materials that can be reused (e.g., grocery bags, paper, water bottles, other containers). K.1.R

Healthy Decisions

2 The student will identify healthy decisions. K.2

Body Systems

a Recognize how the major body parts work together to move. K.2.A

b Identify situations that require the use of each of the five senses. K.2.B

Nutrition

c Describe healthy meal, snack, and beverage options that include food from the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains). K.2.C

d Identify foods that most often cause allergies. K.2.D

Physical Health

e Identify positive physical activity options and the benefits of being physically active every day. K.2.E

f Describe alternatives to screen time. K.2.F

Disease Prevention/Health Promotion

g Explain how hand washing helps remove bacteria and viruses that can make people sick, and describe situations where it is important to wash hands. K.2.G

h Discuss the benefits of personal hygiene practices (e.g., tooth brushing, flossing, hand washing, grooming). K.2.H

Substance Abuse Prevention

i Describe consequences of taking medications unsupervised. K.2.I

j Identify the meaning of safety signs, symbols, and warning labels and understand the dangers of white powder and other unknown substances. K.2.J

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Safety/Injury Prevention

k Describe how safety choices can prevent injuries (e.g., wearing a helmet, tying shoelaces, using seat belts and safety seats, sitting in the back seat of vehicles with airbags). K.2.K

l Identify people who can help in an emergency and in non-emergency situations. K.2.L

m Recognize that not all products advertised or sold are healthy or safe. K.2.M

Mental Wellness/Social and Emotional Skills

n Describe how feelings can influence actions. K.2.N

o Identify strategies for making friends and how to show kindness, consideration, and concern for others, including how to cooperate and share with others. K.2.O

p Identify ways to tell someone they are entering one's personal space. K.2.P

Violence Prevention

q Explain how classmates can support one another at school. K.2.Q

Community/Environmental Health

r Describe ways to reuse items and materials in the classroom. K.2.R

Advocacy and Health Promotion

3 The student will describe and demonstrate behaviors that promote health and prevent injury and disease. K.3

Body Systems

a Describe the different body parts involved in one movement (e.g., jumping, walking, biking). K.3.A

b Describe ways to protect the five senses. K.3.B

Nutrition

c Create a shopping list that includes foods from each MyPlate food group. K.3.C

d Describe how to help people with food allergies (e.g., being respectful of restrictions in the classroom and cafeteria, not sharing food, getting help from an adult). K.3.D

Physical Health

e Describe ways to participate regularly in physical activities inside and outside of school. K.3.E

f Describe ways to calm down before bed to prepare for sleeping. K.3.F

Disease Prevention/Health Promotion

g Demonstrate proper hand washing. K.3.G

h Demonstrate how to brush and floss teeth correctly. K.3.H

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Substance Abuse Prevention

i Discuss why medicines should only be taken under the supervision of a parent/guardian. K.3.I

j Identify adults to ask for help and assistance with harmful and unknown substances. K.3.J

Safety/Injury Prevention

k Describe common safety rules and practices at home, at school, and in communities. K.3.K

l Describe why it is important to ask adults for help in an emergency, how to ask for help, and how to call 911. K.3.L

m Recognize that some household products are harmful if touched, ingested, or inhaled and the importance of asking adults before touching, ingesting, or inhaling white powder or other unknown substances. K.3.M

Mental Wellness/Social and Emotional Skills

n Demonstrate how to use words to express feelings. K.3.N

o Demonstrate strategies for making friends and showing kindness, consideration, and concern for others. K.3.O

p Demonstrate how to tell someone they are entering one's personal space and when to ask an adult for help. K.3.P

Violence Prevention

q Demonstrate acceptable behavior in classrooms and during play, including showing respect for the personal space of others. K.3.Q

Community/Environmental Health

r Share the importance of reusing items and materials with school and family. K.3.R