

# HEALTH KINDERGARTEN

## STANDARDS

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### ***Nevada Grades K-12 Content Standards***

- 1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- 2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- 3.0 Students will demonstrate the ability to access reliable health information, products and services to enhance health.
- 4.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.
- 5.0 Students will demonstrate the ability to use decision-making skills to enhance health.
- 6.0 Students will demonstrate the ability to use goal-setting skills to enhance health.
- 7.0 Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
- 8.0 Students will demonstrate the ability to support/promote family, personal, and community health.

## ESSENTIAL CONCEPTS, SKILLS, AND EXPERIENCES

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### **PERSONAL HEALTH**

*It is expected that students will:*

- (K) 1.1 list good daily health habits
  - going to bed on time
  - brushing teeth
  - exercising
  - eating properly
- (K) 1.2 explain the importance of proper hygiene
- (K) 1.3 describe how to properly care for teeth
- (K) 1.4 identify and discuss various forms of media relating to health
  - television
  - books
  - newspapers
  - radio

## HEALTH KINDERGARTEN (continued)

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### GROWTH AND DEVELOPMENT

*It is expected that students will:*

- (K) 2.1 identify major parts of the body
  - ears
  - eyes
  - nose
  - mouth
- (K) 2.2 identify and explore the five senses
- (K) 2.3 identify physical characteristics that make each person different

### NUTRITION AND PHYSICAL ACTIVITY

*It is expected that students will:*

- (K) 3.1 sort foods by common characteristics
  - animal
  - plant
  - color
- (K) 3.2 identify healthy food choices
- (K) 3.3 list foods that contribute to a healthy meal
- (K) 3.4 explain the importance of being physically active every day
- (K) 3.5 describe behaviors that are physically active and physically inactive

### SUBSTANCE USE AND ABUSE

*It is expected that students will:*

- (K) 4.1 identify items that are safe or not safe to taste, smell, or touch
- (K) 4.2 identify some poisonous household substances/products
- (K) 4.3 list individuals who should administer medicine
  - doctor
  - nurse
  - parent/guardian
  - care giver
- (K) 4.4 discuss ways to say no to peers and strangers

### SAFETY

*It is expected that students will:*

- (K) 5.1 recite first and last name, address, and telephone number and the use of “911” for emergencies
- (K) 5.2 discuss safety rules and practices to follow at home and at school
  - general home safety
  - water safety
  - fire safety
  - traffic safety
- (K) 5.2.A discuss bicycle safety rules

## HEALTH KINDERGARTEN (continued)

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- (K) 5.3 name people you can trust
- friends
  - family
  - relatives
  - police/firefighter
- (K) 5.4 explain ways to help oneself and others when in a dangerous situation

### DISEASE PREVENTION

*It is expected that students will:*

- (K) 6.1 explain how germs and diseases are spread
- sneezing
  - coughing
- (K) 6.2 explain the importance of a health routine to keep the body clean
- (K) 6.3 identify appropriate times and techniques for hand washing
- after using the toilet
  - before eating
  - after playing
  - after coughing/sneezing
- (K) 6.4 identify and communicate symptoms of feeling sick
- upset stomach
  - fever
  - pain
  - headache
  - tooth ache
- (K) 6.5 explain why regular visits to the dentist and doctor are important

### ENVIRONMENTAL/COMMUNITY HEALTH

*It is expected that students will:*

- (K) 7.1 describe ways to keep a healthy home and classroom environment
- wash dishes
  - put away toys
  - put away clothes
- (K) 7.2 provide examples of how to protect oneself from the sun
- wear sun glasses
  - apply sunscreen
  - wear a hat
  - staying in shady areas
  - keep skin covered with clothing
  - drink plenty of water