

Grade K

Adopted 2010

Mental and Emotional Health

- 1. Remember the association of healthy expression of emotions, mental health, and healthy behavior** *K.MEH.1*
 1. Recognize feelings and ways of expressing them *K.MEH.1.1*
 2. Recall stressors and stress responses *K.MEH.1.2*
 3. Illustrate personal responsibility for actions and possessions *K.MEH.1.3*
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Personal and Consumer Health

- 1. Apply measures for cleanliness and disease prevention.** *K.PCH.1*
 1. Use steps of correct hand washing at appropriate times throughout the day *K.PCH.1.1*
 2. Illustrate proper tooth brushing techniques *K.PCH.1.2*
 3. Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes) *K.PCH.1.3*
 - 2. Understand necessary steps to prevent and respond to unintentional injury.** *K.PCH.2*
 1. Recognize the meanings of traffic signs and signals. *K.PCH.2.1*
 2. Explain the benefits of wearing seat belts and bicycle helmets. *K.PCH.2.2*
 3. Illustrate how to get help in an emergency *K.PCH.2.3*
 4. Identify appropriate responses to warning signs, sounds, and labels. *K.PCH.2.4*
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Interpersonal Communication and Relationships

- 1. Understand healthy and effective interpersonal communication and relationships.** *K.ICR.1*
 1. Explain reasons for sharing. *K.ICR.1.1*
 2. Compare people in terms of what they have in common and how they are unique. *K.ICR.1.2*
 3. Summarize protective behaviors to use when approached by strangers. *K.ICR.1.3*
 4. Recognize bullying, teasing, and aggressive behaviors and how to respond. *K.ICR.1.4*
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Nutrition and Physical Activity

- 1. Understand MyPlate as a tool for selecting nutritious foods** [K.NPA.1](#)
 1. Classify foods by groups in MyPlate [K.NPA.1.1](#)
 2. Recall foods and beverages beneficial to teeth and bones [K.NPA.1.2](#)
 3. Recall activities for fitness and recreation during out of school hours [K.NPA.1.3](#)
 - 2. Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.** [K.NPA.2](#)
 1. Recognize nutrient-dense foods in a list of foods that are culturally diverse [K.NPA.2.1](#)
 2. Summarize the importance of a healthy breakfast and lunch [K.NPA.2.2](#)
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Alcohol, Tobacco, and Other Drugs

- 1. Understand how to use household products and medicines safely.** [K.ATOD.1](#)
 1. Explain what is likely to happen if harmful household products are ingested or inhaled. [K.ATOD.1.1](#)
 2. Classify things found around the house as medicinal drugs or other (e.g. candy). [K.ATOD.1.2](#)
 3. Identify adults and professionals who can be trusted to provide safety information about household products and medicines. [K.ATOD.1.3](#)
 4. Use appropriate strategies to access help when needed in emergencies involving household products and medicines. [K.ATOD.1.4](#)