

Kindergarten

| | Lifestyle Goals | Curricular Topics |
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| Content Areas | | |
| Growth and Development | <ul style="list-style-type: none"> • Appreciate the contribution of each of the body systems to the survival of the total system • View growth and development as a lifelong process fostered by responsible behavior | <ul style="list-style-type: none"> • Appreciating The Senses • Sensory Organ: Smell • Sensory Organ: Sight • Sensory Organ: Touch • Sensory Organ: Hearing • Sensory Organ: Taste • Dental Health • Functions of Teeth • The Body Machine • TOOTH DECAY DEMONSTRATION |
| Mental Emotional Health | <ul style="list-style-type: none"> • Exhibit a positive self-concept • Express emotions comfortably and appropriately • Weigh potential benefits against possible consequences before choosing one action over another • Communicate and cooperate effectively with others • Develop and maintain interpersonal relationships | <ul style="list-style-type: none"> • Everybody has Feelings • Dealing With Feelings • All Kinds of Emotions • Likenesses and Differences in People • Everyone is Special • Making Friends • Getting Along • Safe and Unsafe Touch • Tattling and Reporting • Caring and Concern for Others |
| Personal Health | <ul style="list-style-type: none"> • Adhere to a lifestyle that promotes personal well-being • Pursue leisure time activities that promote physical fitness and relieve mental and emotional tension • Follow healthcare practices that prevent illness and maintain health | <ul style="list-style-type: none"> • Handwashing • Exercising for Health • A Good Night's Sleep • Sugary Snacks and Tooth Decay |
| Family Life and Health | <ul style="list-style-type: none"> • Respect the rights and privileges of every family member • Adjust appropriately to changing physical, mental, and social roles, responsibilities, and privileges as they occur throughout the life cycle • Deal comfortably and appropriately with the demands of gender • Communicate effectively as a member of a family or society • Support the belief that the health of children is an individual, family, and community responsibility | <ul style="list-style-type: none"> • Where I Live • Loving Touches • Secrets Vs. Surprises • Sharing Healthy Habits • Sibling Relationships • Parental Love |
| Nutrition | <ul style="list-style-type: none"> • Eat a daily diet that provides adequate nutrients for the maintenance of health • Select food representative of a wide range of foodstuffs • Balance calorie intake with energy | <ul style="list-style-type: none"> • Discovering Many Flavors • Food Choices for Healthy Teeth and Bones • Using the Food Guide Pyramid • Healthy Snacks |

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| | <p>needs</p> <ul style="list-style-type: none"> • Avoid dependence upon food fads as the sole criterion for diet choices or meal planning | <ul style="list-style-type: none"> • Food as Energy • Benefits of Eating a Variety of Foods |
| Disease Prevention and Control | <ul style="list-style-type: none"> • Adhere to a lifestyle that promotes well-being and minimizes exposure to known risk factors • Maintain immunizations of self and family at recommended levels of effectiveness • Seek preventive measures such as examinations at specified intervals | <ul style="list-style-type: none"> • Germs are Invisible • How Germs Spread • Preventing the Spread of Germs • HIV/AIDS: A Preventable Disease • Food Handling: Good Health Practices |
| Safety and First Aid | <ul style="list-style-type: none"> • Take steps to correct hazardous conditions whenever possible • Follow rules and procedures recommended for safe living • Avoid unnecessary risk-taking behavior • Apply correct emergency treatment when appropriate • Follow steps to assure personal safety | <ul style="list-style-type: none"> • Saying No • Safety Signs • Safety Rules • Eye Safety • Fire Safety • Pedestrian Safety • Gun Safety • Stranger Safety • Looking Out for Poisons • Calling for Help • Sensing Danger |
| Consumer Health | <ul style="list-style-type: none"> • Choose health products and services on the basis of valid criteria • Accept only that health information provided by recognized health authorities • Utilize services of qualified health advisors in the maintenance and promotion of health | <ul style="list-style-type: none"> • Cost of Smoking • Developing Anti-Smoking Statements |
| Substance Use and Abuse | <ul style="list-style-type: none"> • Adhere to medical recommendations in the use of drugs and medications • Refrain from the abuse of potentially harmful drugs • Obey laws and regulations regarding the use of controlled substances | <ul style="list-style-type: none"> • Healthy vs. Unhealthy Choices • Effects of Alcohol • Making A Choice: To Smoke or Not • Helpful and Harmful Drugs • Adult Supervision of Personal Medications |
| Community and Environmental Health Management | <ul style="list-style-type: none"> • Obey laws and regulations made to protect the health of the community • Contribute to community programs designed to promote community health • Accept responsibility as a citizen in supporting the activities and programs of community health workers • Avoid any personal action that might contribute to the deterioration of the environment | <ul style="list-style-type: none"> • Identifying Sounds Around You • Helping People Around You • Appreciating Community Health Helpers • Smoke Pollution |