

## Course/Grade Level: Kindergarten Health Curriculum

**Focus:** Students will compare and contrast healthy vs. unhealthy behaviors.  
Students will demonstrate an understanding of healthy living.

### **H.K.1 Students will examine concepts related to health promotion and disease.**

Students will...

- H.K.1.1 identify healthy vs. unhealthy food. (ES.1.1) *Covered per science S.K.5*
- H.K.1.2 list how to prevent the spread of germs. (ES.1.1) *Covered per science S.K.5*
- H.K.1.3 describe safe behaviors at home, school, and community. (ES.1.1) *Covered per science S.K.5*
- H.K.1.4 demonstrate personal hygiene and dental health. (ES.1.1) *Covered per science S.K.5*
- H.K.1.5 differentiate between medicine and illegal drugs. (ES.1.1)
- H.K.1.6 identify people in the community that promote health. (ES.1.1, ES.2)

### **H.K.2 Students will demonstrate verbal and non-verbal communication skills.**

Students will...

- H.K.2.1 demonstrate verbal vs. non-verbal communication through role-playing. (ES.5.1) *Covered per guidance G.K.1*
- H.K.2.2 demonstrate characteristics of being a responsible friend and family member. (ES.5.1) *Covered per guidance G.K.1*
- H.K.2.3 demonstrate healthy ways to express needs, wants, and feelings by using I-messages. (ES.5.1) *Covered per guidance G.K.1*