

# Health: Grade 1

Adopted 2016

## Wellness

### 1. Dimensions of Health

1. Understand what it means to be healthy. [H1.W1.1](#)
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### 2. Hygiene

1. Describe basic hygiene practices. [H1.W2.1](#)
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### 3. Disease Prevention

- a. Describe ways to prevent the spread of germs. [H1.W3.1.A](#)
  - b. Understand differences between communicable and noncommunicable diseases. [H1.W3.1.B](#)
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### 4. Analyzing Influences

1. Describe how family and friends influence health practices and behaviors. [H2.W4.1](#)
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### 5. Access Valid Information

1. Identify where to locate trusted adults who can help promote health. [H3.W5.1](#)
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### 6. Communication

1. Identify verbal and nonverbal communication. [H1.W6.1](#)
  1. Demonstrate ways to respond to an unwanted, threatening, or dangerous situation. [H4.W6.1](#)
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### 7. Decision-Making

1. Differentiate between situations when a health-related decision can be made individually and when assistance is needed. [H5.W7.1](#)
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### 8. Goal-Setting

1. Identify people who can support achievement of a personal health goal. [H6.W8.1](#)
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## Safety

### 1. Injury Prevention

- a. Identify safety hazards in the school. [H1.SA1.1.A](#)
  - b. Understand bicycle, pedestrian, and transportation safety rules. [H1.SA1.1.B](#)
  - c. Understand fire, water, and sun safety rules. [H1.SA1.1.C](#)
  - d. Explain importance of reporting to an adult when seeing or hearing about someone having a weapon. [H1.SA1.1.D](#)
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### 2. First Aid

- a. Identify people to ask for help in emergency situations. [H1.SA2.1.A](#)
  - b. Explain and demonstrate how to call 911. [H1.SA2.1.B](#)
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### 3. Violence Prevention

1. Recognize different types of violence and abuse. [H1.SA3.1](#)
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## Nutrition

### 1. Food Groups and Nutrients

- a. Match foods to food groups. [H1.N1.1.A](#)
  - b. Distinguish between healthy and unhealthy foods. [H1.N1.1.B](#)
  - c. Understand importance of eating breakfast and lunch. [H1.N1.1.C](#)
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### 2. Beverages

1. Recognize importance of drinking water. [H1.N2.1](#)
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### 3. Label Literacy

1. Identify location of a Nutrition Facts label. [H1.N3.1](#)
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### 4. Caloric Intake and Expenditure

1. Understand food provides energy for the body. [H1.N4.1](#)
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### 5. Disease Prevention

1. Understand that food choices can contribute to a healthy body. [H1.N5.1](#)
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### 6. Nutritional Planning

1. Identify how family influences food and beverage choices and eating behaviors. [H2.N6.1](#)
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## Sexual Health

### 1. Anatomy and Physiology

1. Identify medically accurate names for body parts, including external reproductive anatomy. [H1.SE1.1](#)
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### 2. Growth and Development

1. Describe how living things grow and mature. [H1.SE2.1](#)

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## 5. Self-Identity

1. Explain that there are many ways to express gender. [H1.SE5.1](#)
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## 6. Healthy Relationships

- a. Describe characteristics of a friend. [H1.SE6.1.A](#)
  - b. Identify healthy ways to express feelings. [H1.SE6.1.B](#)
  - c. Explain safe and unwanted touch. [H1.SE6.1.C](#)
1. Describe how to tell a trusted adult about unwanted touch. [H4.SE6.1](#)
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## Social Emotional Health

### 1. Self-Esteem

1. Compare and contrast positive and negative self-talk. [H1.S01.1](#)
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### 3. Stress Management

1. Recognize positive and negative effects of stress. [H1.S03.1](#)
  1. Identify basic stress management techniques. [H7.S03.1](#)
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### 4. Expressing Emotions

- a. Describe appropriate ways to express emotions. [H1.S04.1.A](#)
  - b. Recognize importance of being sensitive to others' feelings. [H1.S04.1.B](#)
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### 5. Harassment, Intimidation, and Bullying

- a. Distinguish between bullying and teasing. [H1.S05.1.A](#)
  - b. Discuss harmful effects of bullying and teasing. [H1.S05.1.B](#)
1. List ways to respond appropriately to bullying and teasing. [H4.S05.1](#)
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## Substance Use and Abuse

### 1. Use and Abuse

- a. Understand differences between safe and unwanted medicine use. [H1.SU1.1.A](#)
  - b. Identify different medicines and harmful drugs. [H1.SU1.1.B](#)
  - c. Understand tobacco and alcohol are harmful drugs. [H1.SU1.1.C](#)
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### 2. Effects

1. Recognize effects of medicines used incorrectly. [H1.SU2.1](#)
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### 3. Prevention

1. Recognize how to tell a trusted adult when offered non-prescribed medicine or harmful drugs. [H4.SU3.1](#)
1. Recognize importance of avoiding tobacco, secondhand smoke, and alcohol. [H1.SU3.1](#)