

First Grade
Medina County Schools'
Course of Study
For
Health
2004

STANDARD 1: NUTRITION

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-1-N-1	1. Categorize food into groups using the food pyramid.	<u>Life Science Indicator #2</u> : Explain that food comes from sources other than grocery stores (e.g., farm crops, farm animals, oceans, lakes and forests).
H-1-N-2	2. Compare and contrast healthy and unhealthy snacks.	

STANDARD 2: ALCOHOL, TOBACCO AND OTHER DRUGS

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-1-ATOD-1	1. Demonstrate the avoidance of poisons and illegal drugs.	
H-1-ATOD-2	2. Classify safe and unsafe substances (e.g., poisons, legal and illegal drugs).	
H-1-ATOD-3	3. Demonstrate rules for taking medicine.	
H-1-ATOD-4	4. State the harmful effects of using tobacco products.	
H-1-ATOD-5	5. State the purpose of tobacco advertisements and advocate personal messages for saying “no.”	
H-1-ATOD-6	6. Explain the harmful effects of alcohol.	

STANDARD 3: GROWTH AND DEVELOPMENT

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-1-G&D-1	1. Promote health of the human body and its components.	<u>Life Science Indicator #1</u> : Explore that organisms, including people, have basic needs which include air, water, food, living space and shelter.
H-1-G&D-2	2. Explore basic self-care practices (i.e., tooth care, skin care, hair care).	
H-1-G&D-3	3. Examine similarities and differences between friends and family members.	
H-1-G&D-4	4. Practice manners and how to get along with others through the language of kindness and respect.	

STANDARD 4: DISEASE PREVENTION AND CONTROL

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-1-DP&C-1	1. Demonstrate self care in a variety of ways (e.g., washing hands, brushing and flossing, covering mouth and nose, sleeping).	
H-1-DP&C-2	2. Name the ways germs are spread and how to reduce the spread of disease.	
H-1-DP&C-3	3. Describe how to properly take care of teeth.	

**STANDARD 5: CONFLICT MANAGEMENT AND
INJURY PREVENTION AND CONTROL**

Instructional	Instructional Indicators	Resource/Instructional Activity
H-1-CM&IPC-1	1. Demonstrate what to do in case of fire at home, at school, or play.	<u>Fire Safety Week</u>
H-1-CM&IPC-2	2. Practice refusal skills.	
H-1-CM&IPC-3	3. Identify dangerous, disturbing, and destructive situations in the home, school, and community, including when to tell an adult (e.g., strangers, secrets, bullies, conflict resolution).	<u>Physical Education</u> — safety rules on the playground