

Kindergarten

Medina County Schools'

Course of Study

For

Health

2004

STANDARD 1: NUTRITION

Instructional Organization	Instructional Indicators	Standards Connections/Instructional Activities/Resources
H-KG-N-1	1. Recognize the parts of the food pyramid.	<u>Classroom</u> — healthy snacks discussion — display picture of the food pyramid
H-KG-N-2	2. Compare and contrast healthy and unhealthy food choices.	

STANDARD 2: ALCOHOL, TOBACCO AND OTHER DRUGS

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-KG-ATOD-1	1. Identify the Poison symbol.	
H-KG-ATOD-2	2. Classify safe and unsafe substances (e.g., poisons, legal and illegal drugs).	
H-KG-ATOD-3	3. Differentiate between food and medicine.	
H-KG-ATOD-4	4. Demonstrate rules for taking medicines.	
H-KG-ATOD-5	5. Discover sources of help and information about alcohol, tobacco and drugs at home, school, and in the community.	
H-KG-ATOD-6	6. Explain harmful effects of the abuse of alcohol, tobacco, and drugs.	

STANDARD 3: GROWTH AND DEVELOPMENT

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-KG-G&D-1	1. Describe personal habits that affect growth and development positively and negatively (e.g., sleep, food, exercise).	<u>Life Science Indicator #3</u> : Describe how plants and animals usually resemble their parents.
H-KG-G&D-2	2. Practice manners and how to get along with others.	<u>Life Science Indicator #4</u> : Investigate variations that exist among individuals of the same kind or species.

STANDARD 4: DISEASE PREVENTION AND CONTROL

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

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

Instructional Organization	Instructional Indicators	Resource/Instructional Activity
H-KG-CM&IPC-1	1. Determine actions for personal safety.	“Safety Town” — recommended
H-KG-CM&IPC-2	2. Demonstrate how to ensure personal safety (e.g., traffic, pedestrian, bicycle) and practice how to get help with different emergencies at home, school and in the community.	ESC “Buster the Bus”
H-KG-CM&IPC-3	3. Identify dangerous situations at home, school, and community, including when to tell an adult (e.g., strangers, secrets, bullies, and conflicts).	