



The comprehensive health standards in the elementary years focus on developing individual skills to enhance physical, emotional, and social wellness and using those individual skills in family, school, and community environments. In each grade, the standards ask students to investigate healthy eating and living habits, explore positive communication strategies, examine effective decision-making, and identify ways to ensure personal and community safety.

Expectations for 1st Grade Students:

- **Physical and Personal Wellness:** Establish how eating a variety of foods from the different food groups is vital for good health; demonstrate health behaviors to prevent injury or illness.
- **Social and Emotional Wellness:** Demonstrate how to express emotions in healthy ways; identify parents, guardians, and other trusted adults as resources for information about health.
- **Prevention and Risk Management:** Demonstrate strategies to avoid hazards in the home and community.

Throughout 1st Grade You May Find Students:

- Classifying healthy food options in each major food group; examining healthy foods and beverages.
- Identifying how the taste, color, smells, and textures of foods provide sensory experiences that add or take away from enjoying what we eat.
- Identifying ways to prevent germs.
- Classifying types of wounds and infections.
- Using effective listening and communication skills; practicing skills for cooperation and sharing with others; investigating problem-solving strategies.
- Identifying trusted adults in home, school, and community.
- Identifying potential hazards and appropriate responses.
- Investigating places where help might be found in times of emergency; demonstrating how to use 911 and other emergency numbers; discussing safety procedures for various emergency situations.
- Investigating internet safety.