

# Oakwood City School District

## Health - First Grade

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#### HEALTHY EATING

- Eat an abundance of fruits and vegetables every day.
- Eat breakfast every day.
- Eat healthy snacks
- Explain the importance of choosing healthy foods and beverages
- Identify a variety of healthy snacks
- Describe the types of foods and beverages that should be limited.
- Describe the benefits of eating breakfast every day.
- Demonstrate the ability to use goal-setting skills to improve healthy eating.

#### MENTAL AND EMOTIONAL HEALTH

- Express feelings in a healthy way.
- Prevent and manage interpersonal conflict in healthy ways.
- Use self-control and impulse-control strategies to promote health.
- Show tolerance and acceptance of differences in others.
- Establish and maintain healthy relationships.
- Explain the importance of talking with parents and other trusted adults about feelings.
- Identify appropriate ways to express and deal with feelings.
- Explain the relationship between feelings and behavior.
- Describe the difference between bullying and teasing.
- Explain the importance of respecting the personal space and boundaries of others.
- Explain why it is wrong to tease or bully others.
- Identify the benefits of healthy family relationships.
- Identify the benefits of healthy peer relationships.
- Demonstrate the ability to express feelings in healthy ways.

#### PERSONAL HEALTH AND WELLNESS

- Practice appropriate hygiene habits.
- Practice behaviors that prevent infectious diseases.
- Identify the proper steps for brushing and flossing teeth.
- State why hygiene is important to good health.
- Identify the benefits of personal health care practices such as washing hair and bathing regularly.
- State the steps for proper hand washing.
- Describe what it means to be healthy.

- Identify different ways that disease-causing germs are transmitted. Identify ways to prevent the spread of germs that cause common infectious diseases.
- Demonstrate the ability to practice health enhancing behaviors.

#### VIOLENCE PREVENTION

- Manage interpersonal conflict in nonviolent ways.
- Manage emotional distress in nonviolent ways.
- Avoid bullying, being a bystander to bullying, or being a victim of bullying.
- Get help to prevent or stop violence including abuse, bullying, and fighting.
- Get help to prevent or stop inappropriate touching.
- Describe the difference between bullying and teasing.
- Explain why it is wrong to tease or bully others.
- Explain what to do if someone is being bullied.
- Identify “appropriate” and “inappropriate “ or “safe” and “unsafe” touches.
- Explain why inappropriate touches should be reported to a trusted adult.
- Explain that a child is not at fault if someone touches him or her in an inappropriate way.
- Explain why everyone has the right to tell others not to touch his or her body.
- Demonstrate how to effectively tell a trusted adult when feeling threatened or harmed.

#### SAFETY

- Follow appropriate safety rules when riding in or on a motor vehicle.
- Apply safety rules and procedures to avoid risky behaviors and injury.
- Get help for oneself or others when injured or severely ill.
- the benefits of riding in the back seat when a passenger in a motor vehicle.
- Describe the importance of using safety belts, child safety restraints, and motor vehicle booster seats.
- Identify safe behaviors when getting on and off while riding a bus.
- Identify safety rules for playing on the playground, swimming, and playing sports.
- Describe how injuries can be prevented.
- Describe how to be a safe pedestrian.
- Identify safety hazards in the home.
- Identify people who can help when someone is injured or suddenly ill.
- Demonstrate the ability to use decision making skills to prevent injury.