

HEALTH EDUCATION LESSONS

Siskiyou County Office of Education - Health Services



ABOUT HEALTH EDUCATION SERVICES

Health Education is a free educational service provided to all schools in Siskiyou County. Lesson series are available for Kindergarten - 4th Grade, middle school, and high school students. The Health Education Coordinator has designed and developed lesson presentations and teaching guides for teachers, school nurses, and/or other facilitators who plan to deliver health education in the classroom. All lessons meet California Health Education Framework Content Standards.

KINDERGARTEN-2ND GRADE

HEALTHY BODY, HEALTHY LIFE KINDERGARTEN FLYER

1ST GRADE FLYER

Healthy Body, Healthy Life
Kindergarten Curriculum

Lesson 1: Germs and Handwashing

- Define "germ" (DEP 1.2.1)
- Describe effective dental and personal hygiene practices (DEP 1.2.2)
- Explain why the transmission of germs may be harmful to health (DEP 1.2.3)

Lesson 2: Dental Hygiene

Healthy 2: Dental Health Hygiene

- Identify effective dental and personal hygiene practices (DEP 1.2.1)
- Identify healthcare workers who can help promote healthy practices (DEP 1.2.2)

Lesson 3: Food as Fuel

Healthy 3: Nutrition Nutrition Hygiene

- Name a variety of healthy foods and explain why they are necessary for good health (DEP 1.2.1)
- Identify a variety of healthy practices (DEP 1.2.2)
- Explain the importance of a healthy breakfast (DEP 1.2.3)

2ND GRADE FLYER

Healthy Body, Healthy Life
2nd Grade Curriculum

Lesson 1: Health Promotion & Hygiene

- Identify a variety of practices that promote health, growth, and development (DEP 1.2.1)
- Identify the role of a healthcare professional (DEP 1.2.2)
- Explain the importance of preventing the transmission of disease (DEP 1.2.3)
- Explain the importance of preventing the transmission of disease (DEP 1.2.3)

Lesson 2: Dental Hygiene

Healthy 2: Dental Health Hygiene

- Use a decision-making process to evaluate how personal hygiene practices affect health (DEP 1.2.1)
- Identify a plan to practice dental and personal hygiene (DEP 1.2.2)
- Identify healthcare workers who can help promote healthy practices (DEP 1.2.3)

Lesson 3: Bike Safety

Healthy 3: Bike Safety

- Identify and define key nutrients and their functions (DEP 1.2.1)
- Describe the relationship between food intake, physical activity, and good health (DEP 1.2.2)
- Explain the importance of staying alert while riding, especially during vigorous physical activity (DEP 1.2.3)
- Make a plan to choose healthy foods and beverages (DEP 1.2.4)
- Explain the importance of staying alert while riding, especially during vigorous physical activity (DEP 1.2.3)
- Explain the importance of staying alert while riding, especially during vigorous physical activity (DEP 1.2.3)

3RD GRADE

HEALTHY SOCIAL BEHAVIORS

3RD GRADE FLYER

Healthy Social Behaviors
3rd Grade Curriculum

Lesson 1: Respect and the Golden Rule

- Describe examples of healthy social behaviors (e.g., helping others, being respectful of others, cooperation, consideration) (DEP 1.2.1)

Lesson 2: Practicing Respect

- Describe examples of healthy social behaviors (e.g., helping others, being respectful of others, cooperation, consideration) (DEP 1.2.1)

Lesson 3: Finding Trusted Adults

- Identify trusted adults at home, at school, and in the community who can help with mental, emotional, and social health concerns (DEP 1.2.1)

4TH GRADE

BUILDING BLOCKS OF A HEALTHY LIFE

4TH GRADE FLYER

Building Blocks of a Healthy Life
4th Grade Curriculum

Lesson 1: Balanced Eating

- Identify and define key nutrients and their functions (DEP 1.2.1)
- Describe the relationship between food intake, physical activity, and good health (DEP 1.2.2)
- Explain the importance of staying alert while riding, especially during vigorous physical activity (DEP 1.2.3)
- Make a plan to choose healthy foods and beverages (DEP 1.2.4)

Lesson 2: Social Media Safety

- Identify behaviors that may lead to conflict with others (DEP 1.2.1)
- Explain the effects of bullying and harassment on others (DEP 1.2.2)

Lesson 3: Making Safe Choices Around Substances

- Describe the harmful short- and long-term effects of alcohol, tobacco, and other drugs, including marijuana (DEP 1.2.1)
- Identify internal and external influences that affect the use of alcohol, tobacco, and other drugs (DEP 1.2.2)
- Explain the importance of staying alert while riding, especially during vigorous physical activity (DEP 1.2.3)

LEARN MORE



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