

HEALTH 'N ME - Kindergarten

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Introductory Unit <u>Lesson : It's Fun To Be Well</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical health. 1:2:b Identify the elements of good health. 3:2:a Understand the importance of achieving and maintaining good health. 3:2:b Recognize level of current personal health. 3:2:c Identify personal choices that affect health. 3:3:a Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills. 4:1:c		Write to clarify the meaning of new information. 2:4:b Use questions to gain understanding of oral/visual information. 3:3:b
<u>Lesson 2: Alike and Different</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical health. 1:2:b Identify practices which promote personal well-being. 3:1:c Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a	Identify observable properties of matter. 2:1:a	Present information in a clear and logical form. 4:1:b
Unit 1 <u>Lesson 1: Learning About Feelings</u>	Identify good personal hygiene practices. 1:1:b		Use questions to gain understanding of oral/visual information. 3:3:b

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<u>Lesson 1 (Cont.)</u>	<p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify healthy ways to express needs, wants, and feeling. 4:2:a</p>		
<u>Lesson 2: Strong Feelings</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify healthy ways to express needs, wants, and feeling. 4:2:a</p>		<p>Apply simple conventions of language in written work. 2:1:a</p>
<u>Lesson 3: Safe Touch</u>	<p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>		<p>Recognize writing styles used for different audiences and purposes, e.g., notes to a friend, thank you letter. 2:2:b</p> <p>Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a</p> <p>Use accepted language in personal communication. 4:2:c</p>

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Unit 2 <u>Lesson 1: Safe From Poisons</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a</p> <p>Present information in a clear and logical form. 4:1:b</p>
<u>Lesson 2: Safety Around Dangerous Objects</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify examples of social pressure. 3:1:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Identify the attributes of personal responsibility. 3:3:b</p>		<p>Write to determine what is known about specific topics. 2:4:a</p> <p>Identify the purpose of various oral presentations. 4:2:b</p>
<u>Lesson 3: Safe When Walking</u>	<p>Identify good personal hygiene practices. 1:1:b</p>		<p>Write to determine what is known about specific topics. 2:4:a</p>

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<u>Lesson 3 (Cont.)</u>	<p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Identify the attributes of personal responsibility. 3:3:b</p>		<p>Write to clarify the meaning of new information. 2:4:b</p> <p>Use organization skills to assist in recall of oral/visual information. 3:3:c</p>
<u>Lesson 4: Safe When Riding</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p> <p>Explore energy transfers. 2:4:b</p>	<p>Write to determine what is known about specific topics. 2:4:a</p> <p>Use organization skills to assist in recall of oral/visual information. 3:3:c</p>
<u>Unit 3</u> <u>Lesson 1: Health Habits for Me</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify practices which promote personal well-being. 3:1:c</p> <p>Identify the elements of good health. 3:2:a</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Explore ways matter can change. 2:2:a</p>	<p>Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a</p> <p>Use questions to gain understanding of oral/visual information. 3:3:b</p> <p>Present information in a clear and logical form. 4:1:b</p>

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<u>Lesson 1 (Cont.)</u>	Identify personal choices that affect health. 3:3:a		
<u>Lesson 2: Teeth To Talk, Smile, and Chew</u>	Identify good personal hygiene practices. 1:1:b Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a	Explore scientific investigations. 1:2:a Demonstrate safety when engaged in scientific activity. 1:2:c Explore ways matter can change. 2:2:a	Use questions to gain understanding of oral/visual information. 3:3:b Present information in a clear and logical form. 4:1:b
<u>Lesson 3: Stopping Tooth Decay</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical health. 1:2:b Identify information available from health care providers/services in the community. 1:3:a Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a	Explore the effects of physical changes on common materials. 2:2:b	Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a Present information in a clear and logical form. 4:1:b
<u>Lesson 4: Brushing Right</u>	Identify good personal hygiene practices. 1:1:b Identify how the media affects (sic) thoughts, feeling, and personal health. 2:1:b Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a	Demonstrate understandings of scientific investigations. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c	Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
<u>Lesson 5: Rest, Sleep, Exercise</u>	Identify good personal hygiene practices. 1:1:b	Demonstrate understandings of scientific investigations. 1:2:b	Present information in a clear and logical form. 4:1:b

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<u>Lesson 5 (Cont.)</u>	<p>Identify practices which promote personal well-being. 3:1:c</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>
<u>Lesson 6: Five-A-Day for Better Health</u>	<p>Identify good personal hygiene practices 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify the role of various local health agencies and/or services. 2:2:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Identify the purpose of various oral presentations. 4:2:b</p> <p>Use accepted language in personal communication. 4:2:c</p>
Unit 4			
<u>Lesson 1: Drugs and Non-Drugs</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Demonstrate understandings of scientific investigations. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Present information in a clear and logical form. 4:1:b</p>
<u>Lesson 2: Being Careful With Medicines</u>	<p>Identify good personal hygiene practices. 1:1:b</p>		<p>Use questions to gain understanding of oral/visual information. 3:3:b</p>

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<u>Lesson 2 (Cont.)</u>	<p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p>		<p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>
<u>Lesson 3: Saying No to Drugs</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p>		<p>Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a</p> <p>Present information in a clear and logical form. 4:1:b</p> <p>Use accepted language in personal communication. 4:2:c</p>
<u>Lesson 4: A Visit to Kumquat</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Recognize cultural differences and similarities among people regarding health. 2:1:a</p> <p>Identify the elements of good health. 3:2:a</p>		<p>Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a</p> <p>Present information in a clear and logical form. 4:1:b</p>

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<u>Lesson 4 (Cont.)</u>	Identify personal choices that affect health. 3:3:a Identify characteristics of healthy community. 5:1:a		
<u>Lesson 5: Preventing the Spread of Germs</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical health. 1:2:b Identify information available from health care providers/services in the community. 1:3:a Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a	Explore scientific investigations. 1:2:a Demonstrate understandings of scientific investigations. 1:2:b	Write to clarify the meaning of new information. 2:4:b Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
<u>Lesson 6: AIDS</u>	Identify good personal hygiene practices. 1:1:b Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a Identify effective interpersonal communication skills. 4:1:c		Write to clarify the meaning of new information. 2:4:b Use organization skills to assist in recall of oral/visual information. 3:3:c Present information in a clear and logical form. 4:1:b
<u>Unit 5</u> <u>Lesson 1: Courtesy to Friends</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical health. 1:2:b Identify effective interpersonal communication skills. 4:1:c		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Present information in a clear and logical form. 4:1:b Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c

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<u>Lesson 1 (Cont.)</u>	<p>Identify healthy ways to express needs, wants, and feeling. 4:2:a</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>		
<u>Lesson 2: Health Helpers-Families</u>	<p>Identify appropriate health practices that affect self and others. 1:1:c</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>		Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c
<u>Lesson 3: Health Helpers-Police Officers</u>	<p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services/treatments. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>		<p>Use questions to gain understanding of oral/visual information. 3:2:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
<u>Lesson 4: Health Helpers-Firefighters</u>	<p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services/treatments. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>	<p>Demonstrate understandings of scientific investigations. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a</p> <p>Use questions to gain understanding of oral/visual information. 3:3:b</p> <p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>

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<p><u>Lesson 5: Health Helpers-Doctors</u></p>	<p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services/treatments. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>		<p>Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a</p> <p>Use questions to gain understanding of oral/visual information. 3:3:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
<p><u>Lesson 6: Health Helpers-Nurses</u></p>	<p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services/treatments. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>		<p>Use questions to gain understanding of oral/visual information. 3:3:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
<p><u>Lesson 7: The Emergency Phone Call</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify professional services needed for maintaining personal health. 2:3:a</p> <p>Identify the variety of options in health care services/treatments. 2:3:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize resources needed to implement health plans. 5:2:2</p>	<p>Demonstrate understandings of scientific investigations. 1:2:b</p>	<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Present information in a clear and logical form. 4:1:b</p>

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<p>Lesson 8: Showing What We Know</p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Identify characteristics of healthy community. 5:1:a</p> <p>Identify ways to advocate health in families and schools. 5:3:b</p>	<p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Present information in a clear and logical form. 4:1:b</p> <p>Use accepted language in personal communication. 4:2:c</p>