

Also Covered in Grade	Nutrition	Also Covered in Grade	Growth and Development	Also Covered in Grade	Disease Prevention and Control
			1. Identify major internal organs and body parts and requirements for their healthy function (Senses, bones, muscles, heart)	2,3	1. Explore causes of certain contagious diseases
K,2,3	1. Learn ways to improve personal health habits... e.g. posture, clothing, bathing, cleanliness			2,3	2. Learn habits that prevent communicable diseases
K,2,3	2. Practice simple sanitation and safety practices	K	2. Understand how humans and animals develop in unique ways at each life stage (metamorphosis of frog or butterfly)	2	3. Learn ways to protect self and others from disease
			3. Explore nurturing among animals and humans		4. Review use of medicines and the persons who dispense them
		K,2,3	4. Identify hygiene practices		
		K,2,3	5. Recognize feelings and appropriate expression of them		
		K,2,3	6. Learn importance of respect for older people		
	Safety and First Aid				Health Issues and Dangerous Substances
K,2	1. Practice classroom and home safety				1. Learn symbols for poison and safety seals on medicine
K,2,3	2. Learn from guest speaker on Fire, Police, or Red Cross			2	2. Identify forms that medicine comes in
K	3. Learn effective ways to get help for self, others				3. Identify support options available through home, school, community
K,2,3	4. Explore various healthy ways to deal with feelings				4. Develop and understand rules for use of medication at school/home
K,2,3	5. Practice ways to express feelings appropriately			K,2,3	5. Appreciate benefits of choosing not to smoke, drink, or use drugs inappropriately
K,2,3	6. Learn importance of resolving disputes without violence			2,3	6. Identify safety signs