

Also Covered in Grade	<b>Nutrition</b>	Also Covered in Grade	<b>Growth and Development</b>	Also Covered in Grade	<b>Disease Prevention and Control</b>
3	1. Learn that food is source of energy, growth, and health	1,2,3	1. Learn practices that promote good health, hygiene, fitness	1,2,3	1. Learn ways to stay healthy
	2. Explore food choices in culture/family	1	2. Explore ways that things grow and develop over time	1,2,3	2. Learn how to prevent spread of common communicable diseases
	3. Learn importance of avoiding contaminated food	1,2,3	3. Distinguish safe and unsafe personal situations/strangers		
3	4. Explore new food choices outside culture/family	1,2,3	4. Learn care of teeth, nose, eyes and ears		3. Understand signs of illness that need to be reported to an adult
1,2,3	5. Learn importance of choosing healthy snacks	1,2,3	5. Understand use of sunscreen		
	6. Understand that food is different from medicine	1,2,3	6. Realize ways that each child is unique and special	1,3	4. Distinguish germs vs. good cells
2,3	7. Investigate how food is produced, packaged, purchased, prepared and served (Tour of store)			1	5. Explore use of medicine, bandages, ice for injuries
	8. Explore various ways to prepare and serve food				
2,3	9. Explore the taste foods of different cultures - Heritage Day				
	<b>Safety and First Aid</b>				<b>Health Issues and Dangerous Substances</b>
1,3	1. Appreciate actions for individual safety e.g. seat belts, helmets, etc.			1	1. Know who is able to dispense medicine
1,2,3	2. Learn ways to give and receive respect			1,2	2. Learn the common health providers
	3. Learn our variety of feelings and ways to express them properly			1,2	3. Learn the factors that are critical in safe use of medicines and drugs
1,2,3	4. Learn appropriate conflict resolution			1,2,3	4. Learn safe keeping for detergents, poisons
1,2,3	5. Learn ways to give respect to people with special needs				5. Learn ways of telling an adult when something does not feel right due to illness