

Health Education - Next Generation Sunshine State Standards

First Grade – Health Literacy: Concepts

Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance health.	EXAMPLES MAY INCLUDE, BUT ARE NOT LIMITED TO:
BENCHMARK CODE	
HE.1.C.1.1 Identify healthy behaviors.	eating breakfast, exercising, washing hands, wearing sunscreen.
HE.1.C.1.2 Recognize the physical and mental/emotional dimensions of health.	personal feelings, anxiety, rest/sleep.
HE.1.C.1.3 Describe ways to prevent common communicable diseases.	washing hands, being immunized, not sharing food and utensils.
HE.1.C.1.4 Identify ways to prevent childhood injuries.	Water safety, pedestrian safety, bicycle safety.
HE.1.C.1.5 Identify health-care providers.	pediatrician, dentist, paramedic, school nurse.
HE.1.C.1.6 Emphasize the correct names of human body parts.	stomach, intestines, buttocks.
Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors	EXAMPLES MAY INCLUDE, BUT ARE NOT LIMITED TO:
BENCHMARK CODE	
HE.1.C.2.1 Identify how children learn health behaviors from family and friends.	parents/family encourages physical activity together; setting a bedtime; limited television time; attendance at social gatherings/birthday parties.
HE.1.C.2.2 Identify what the school and community does to support personal health practices and behaviors.	cafeteria/food standards, fire safety rules, required physicals and immunizations.
HE.1.C.2.3 Recognize health consequences for not following rules.	injuries, arguments, hurting feelings, pollution.
HE.1.C.2.4 Name examples of media messages that relate to health behaviors.	fast food commercials, milk commercials, candy commercials, food commercials that make you hungry, unhealthy snack commercials, infomercials.

First Grade – Health Literacy: Behavior

Standard 1: Demonstrate the ability to access valid health information, products, and services to enhance health.	EXAMPLES MAY INCLUDE, BUT ARE NOT LIMITED TO:
BENCHMARK CODE	
HE.1.B.1.1 Identify trusted adults and professionals who can help promote health.	police, fire fighter, 911 operator, parent, teacher, coach, counselor, school nurse.
HE.1.B.1.2 Determine the meaning of warning labels and signs on hazardous products and places.	burns, poisons, no swimming signs.
HE.1.B.1.3 Give examples of advertisements for health products.	magazines, product packaging, commercials.

Health Education instruction should be age and developmentally-appropriate and address the following topic areas:

- Alcohol, Tobacco, and Other Drugs prevention
- Disease Prevention
- Effective Communication
- Environmental Health
- Healthy Eating
- Healthy Relationships
- Personal Health Practices
- Physical Activity
- Physical Health/Growth and Development
- Safety Practices and Injury Prevention
- Social, Mental, and Emotional Health
- Violence/Bullying Prevention

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First Grade – Health Literacy: Behavior Cont.

Standard 2: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	EXAMPLES MAY INCLUDE, BUT ARE NOT LIMITED TO:
BENCHMARK CODE	
HE.1.B.2.1 Identify healthy ways to express needs, wants, and feelings.	reporting aggression, reporting bullying and violence to a trusted adult.
HE.1.B.2.2 Describe good listening skills to enhance health.	positive body language, don't interrupt, focus on the speaker.
HE.1.B.2.3 Tell about ways to respond when in an unwanted, threatening, or dangerous situation.	Leave, tell a trusted adult, say no.
HE.1.B.2.4 Practice ways to tell a trusted adult if threatened or harmed.	Draw pictures, act out situation, verbalize, write.
Standard 3: Demonstrate the ability to use decision-making skills to enhance health.	EXAMPLES MAY INCLUDE, BUT ARE NOT LIMITED TO:
BENCHMARK CODE	
HE.1.B.3.1 Describe situations when a health-related decision can be made individually or when assistance is needed.	crossing street, food choices, handwashing.
HE.1.B.3.2 Identify healthy options to health-related issues or problems.	wearing bike helmet, using seat belts, reporting danger.
HE.1.B.3.3 Explain the consequences of not following rules/practices when making healthy and safe decisions.	personal injury, tooth decay, environmental damage, illness.

First Grade – Health Literacy: Promotion

Standard 1: Demonstrate the ability to practice advocacy, health-enhancing behavior, and avoidance or reduction of health risks for oneself.	EXAMPLES MAY INCLUDE, BUT ARE NOT LIMITED TO:
BENCHMARK CODE	
HE.1.P.1.1 Demonstrate good personal health habits.	brush teeth, share with others, get adequate sleep.
HE.1.P.1.2 Tell about behaviors that avoid or reduce health risks.	avoid strangers, use helmet, use seat belt.
Standard 2: Demonstrate the ability to advocate for individual, peer, school, family, and community health.	EXAMPLES MAY INCLUDE, BUT ARE NOT LIMITED TO:
BENCHMARK CODE	
HE.1.P.2.1 Encourage others to make positive health choices.	use sunscreen, cross the street at marked areas, select healthy foods.

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- Disease Prevention
- Effective Communication
- Environmental Health
- Healthy Eating
- Healthy Relationships
- Personal Health Practices
- Physical Activity
- Physical Health/Growth and Development
- Safety Practices and Injury Prevention
- Social, Mental, and Emotional Health
- Violence/Bullying Prevention