

Health Education - Next Generation Sunshine State Standards

Kindergarten – 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.K.C.1.1 Recognize healthy behaviors.	brush teeth, get adequate sleep, cover mouth for cough and sneeze, helmet use.
HE.K.C.1.2 Recognize the physical dimension of health.	proper hygiene, adequate exercise, proper eating habits, five senses.
HE.K.C.1.3 Recognize ways to prevent common communicable diseases.	wash hands, cover mouth for cough and sneeze, flush toilets.
HE.K.C.1.4 Recognize childhood injuries.	broken bones, cuts and scrapes, choking.
HE.K.C.1.5 Recognize there are body parts inside and outside of the body.	brain, muscles, skin, heart.
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.K.C.2.1 Name healthy behaviors that family members should practice.	brush teeth, stay home when sick, receive shots, vaccinations/immunizations.
HE.K.C.2.2 Identify members of the school and community that support personal health practices and behaviors	teachers, counselors, nurses, doctors, fire fighters, police, ambulance/EMTs.
HE.K.C.2.3 Explain the importance of rules to maintain health.	don't run, wait your turn, keep your hands and feet to yourself.
HE.K.C.2.4 Name various types of media and technology that influence health.	radio, television, computer, billboards, magazines, telephone, newspapers.

Kindergarten – 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.K.B.1.1 Recognize school and community health helpers.	fire rescue/EMT, police, nurse, doctor, coach, teacher, counselor, school nurse.
HE.K.B.1.2 Recognize warning labels and signs on hazardous products and places.	skull and cross bones, circle with line through it, railroad crossing, crosswalk signals.
HE.K.B.1.3 Recognize advertisements for health products.	billboards, magazines, 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

Health Education - Next Generation Sunshine State Standards

Kindergarten – Health Literacy: Behavior Cont.

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.K.B.2.1 Recognize healthy ways to express needs, wants, and feelings.	how to share objects and time, how to be an effective family member, how to use manners.
HE.K.B.2.2 Demonstrate listening skills to enhance health.	use manners, ask questions, nod, make eye contact.
HE.K.B.2.3 Identify the appropriate responses to unwanted and threatening situations.	seek safety, yell for help, get away, tell a trusted adult.
HE.K.B.2.4 State ways to tell a trusted adult if threatened or harmed.	drawing pictures, act out situation, use words.
Standard 3: Demonstrate the ability to use decision-making skills to enhance health.	EXAMPLES MAY INCLUDE, BUT ARE NOT LIMITED TO:
BENCHMARK CODE	
HE.K.B.3.1 Name situations when a health-related decision can be made individually or when assistance is needed.	<i>Individually</i> - follow school rules, practice good hygiene, wear safety belt, wear bike helmet. <i>Assisted</i> – using recreational water facility, choosing clothes to fit weather conditions, fire drills.
HE.K.B.3.2 Recognize healthy options to health-related issues or problems.	visit the doctor; obey safety rules, knowing what to do in an emergency.
HE.K.B.3.3 Recognize the consequences of not following rules/practices when making healthy and safe decisions.	injury to self, injury to others, drowning.

Kindergarten: 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.K.P.1.1 Identify healthy practices and behaviors to maintain or improve personal health.	seek a safe environment, follow directions, seek help, take universal precautions, practice proper hygiene.
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.K.P.2.1 Helps others to make positive health choices.	encourage active play outside; use of tissues; washing hands; proper manners.

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