

KINDERGARTEN

STANDARD ONE: KINDERGARTEN

National Standard 1: The student will identify and demonstrate health promotion and disease prevention concepts.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Critical for mastery at Kindergarten: K.01.01 Know names of major external body parts, major organs, and general functions.</p>	<ul style="list-style-type: none"> • Name major body parts and state their functions. 	
<p>K.01.02 Know that exercise, a good diet, and adequate sleep and rest are needed for good health.</p>	<ul style="list-style-type: none"> • State that sleep and rest are needed for good health. • Identify 3 healthy and 3 unhealthy foods. 	<p>Current USDA recommendations Field trip to a grocery store or a factory.</p>
<p>K.01.03 Know that some diseases are spread by germs.</p>	<ul style="list-style-type: none"> • Understand that "germs" are a cause of illness and can be passed from one person to another. • Tell how handwashing and other behaviors control the spread of germs (avoiding others' body fluids, covering mouth when coughing, throwing away used tissues, etc.). • Understand illness is not caused by "being bad" but by germs. 	<p>Speaker: Nurse to talk about illness transmission & prevention. Activity: Spray water into the air so students can see mist (like a sneeze or cough). Spray again covering sprayer with a tissue showing how mist is interrupted. Appendix: Standard Precautions in the classroom Appendix: Incorporating HIV/AIDS Information into the Health Curriculum</p>
<p>K.01.04 Know how to keep teeth healthy.</p>	<ul style="list-style-type: none"> • List 3 ways to care for teeth (brushing, eating healthy foods, dental exams.). 	

STANDARD ONE: **KINDERGARTEN**

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>K.01.05 Know that certain substances, objects and situations are dangerous and how to avoid them.</p>	<ul style="list-style-type: none"> • Name potentially harmful objects: knives, scissors, matches, cleaning supplies, other dangerous household items. • Explain why it is important not to touch matches, play with or around flames. • State that it is not safe to touch, taste or play with any unknown substance. 	<p>Letter to parents including Poison Control 800#</p>
<p>K.01.06 Know that medicine can be helpful.</p>		<p>Appendix: “What Children Want to Know About Medicines”</p>

STANDARD TWO: KINDERGARTEN

National Standard 2: The student will learn to access and utilize valid health information and health promoting products and services.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Critical for Mastery at Kindergarten: K.02.01 Know health care providers such as doctors, nurses, paramedics.</p>	<ul style="list-style-type: none"> • Name various health providers in person or illustrations. 	
<p>Significant to Develop at Kindergarten: K.02.02 Know that parents/caretakers and teachers are sources of health information.</p>	<ul style="list-style-type: none"> • Seek health related information from appropriate people. • Recognize that health information is available on TV, radio and in periodicals. 	
<p>Useful to Work On at Kindergarten: K.02.03 Know that all health advertising is not helpful or accurate.</p>	<ul style="list-style-type: none"> • Examine illustrations in publications that provide simple health information. • Find ads (periodicals, TV, etc.) that convince children that they want/need products (cereal, juices, snack foods). 	

STANDARD THREE: KINDERGARTEN

National Standard 3: The student will practice behaviors that promote health and reduce health risks.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Critical for Mastery at Kindergarten: K.03.01 Know and use healthy behaviors.</p>	<ul style="list-style-type: none"> • Use appropriate hygiene practices consistently (wash hands after using bathroom, before eating, discard tissues properly). • Participate in exercise and active play. • Eat well-balanced meals and snacks. • Demonstrate clothing choices appropriate for weather. 	<p>Science: Give examples of good health habits.</p> <p>Activity: Ask children to draw a picture of something they've done today to stay healthy (wash hands, eat breakfast, etc.)</p>
<p>K.03.02 Know how to get help in an emergency.</p>	<ul style="list-style-type: none"> • Demonstrate ability to dial 911 or otherwise request help in an emergency. • State own address and phone number. • Follow directions during fire drill. 	
<p>K.03.03 Know safe behaviors in dangerous situations.</p>	<ul style="list-style-type: none"> • Demonstrate safe street crossing behavior. • Wear appropriate protective equipment (seat belt, bicycle helmet, etc.) • Demonstrate window safety. • State not to open home door unless an adult is present. • Identify simple accident prevention: hot stove or radiator, door hinges, stairs. • Tell an adult about a potentially dangerous situation. 	<p>Science: Demonstrate knowledge of basic safety practices.</p> <p>Appendix: Standard Precautions in the classroom</p>
<p>Significant to Develop at Kindergarten: K.03.04 Know healthy ways to express feelings.</p>	<ul style="list-style-type: none"> • Verbalize what to do when too excited, anxious, angry, out of control. 	

STANDARD FOUR: KINDERGARTEN

National Standard 4: The student will analyze the influence of culture, media, technology and other factors on health.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Significant to Develop at Kindergarten: K.04.01 Know that friends and classmates can be similar and different.</p>	<ul style="list-style-type: none"> • Accept differences among classmates such as families, abilities, food likes and dislikes. • Show respect and care for others. 	
<p>K.04.02 Knows that God loves all people, sick or well.</p>	<ul style="list-style-type: none"> • Affirm gratitude for the precious gift of life. • Relate good hygiene and nutrition to respect for one's body. 	
<p>Useful to Work On at Kindergarten: K.04.03 Know that classmates and families enjoy many different kinds of foods.</p>	<ul style="list-style-type: none"> • Recognize healthful foods from different cultures and nations. 	<p>School ethnic, international celebrations</p>

STANDARD FIVE: **KINDERGARTEN**

National Standard 5: The student will utilize social and communication skills to enhance health.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Critical for Mastery at Kindergarten: K.05.01 Know that talking to a friend or trusted adult can be helpful to understand feelings and problems and what to do about them.</p>	<ul style="list-style-type: none"> • Communicate health and safety needs to a trusted adult. 	<p>Officer Friendly Program</p>
<p>K.05.02 Know refusal skills and how to use them appropriately.</p>	<ul style="list-style-type: none"> • Practice saying “No.” 	
<p>Significant to Develop at Kindergarten: K.05.03 Know that people have many different feelings and react to them in different ways.</p>	<ul style="list-style-type: none"> • Demonstrate respect for self and respect and consideration when talking to adults and other children. • Recognize that friends and classmates show feelings differently. 	

STANDARD SIX: KINDERGARTEN

National Standard 6: The student will use goal-setting and decision-making skills to enhance health.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Significant to Develop at Kindergarten: K.06.01 Know that some foods are healthy and some are unhealthy.</p>	<ul style="list-style-type: none"> • Choose foods for a meal or snack. 	<p>Current USDA recommendations</p>
<p>K.06.02 Know that choices can be safe or unsafe.</p>	<ul style="list-style-type: none"> • Practice crossing a street safely, use playground equipment safely, etc. • Begin to weigh benefits and risks of personal choices as they relate to safety. 	
<p>K.06.03 Know that a person can decide to act in healthy ways.</p>	<ul style="list-style-type: none"> • Set one personal health goal such as brushing teeth 2 times daily; washing hands appropriately. • Make a chart to record number of times goal is done. 	<p>Include parents</p>

STANDARD SEVEN: **KINDERGARTEN**

National Standard 7: The student will advocate for personal, family and community health.
(Illinois Standards for Health: Early Elementary Students)

LEARNING STANDARD/OUTCOME	SAMPLE ASSESSMENT	CONNECTIONS
<p>Significant to Develop at Kindergarten: K.07.01 Know what comprises the immediate environment.</p>	<ul style="list-style-type: none"> • Describe the immediate environment: classroom, playground, etc. • Describe how friends can help one another play safely on the playground. • Identify various school staff: principal, office staff, teachers, etc. 	
<p>K.07.02 Know simple ways to help persons who are ill.</p>	<ul style="list-style-type: none"> • Discuss ways children can be sensitive and caring to a person who is ill or elderly. 	<p>Activities: Make get well cards. If appropriate, visit adults in a retirement community.</p>