

**HEALTH
FIRST GRADE
CURRICULUM MAP**

August/September	October	November	December
<p>3. Understands the relationship of family health to individual health.</p> <ul style="list-style-type: none"> Knows the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, the value or religious beliefs taught, behaviors and values modeled). <p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> Knows basic fire, traffic safety practices. 	<p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> Knows precautions that should be taken in special conditions (e.g., bad weather, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts). <p>9. Understands aspects of substance use and abuse.</p> <ul style="list-style-type: none"> Knows how to distinguish between helpful and harmful substances. 	<p>6. Understands essential concepts about nutrition and diet.</p> <ul style="list-style-type: none"> Classifies foods and food combinations according to the food groups. 	<p>8. Knows essential concepts about the prevention and control of disease.</p> <ul style="list-style-type: none"> Knows the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing).

Embedded All Year: 7. Knows how to maintain and promote personal health.

Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails).

4. Knows how to maintain mental and emotional health.

Identifies and shares feelings in appropriate ways.

**HEALTH
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CURRICULUM MAP**

January	February	March/April	May
<p>7. Knows how to maintain and promote personal health.</p> <ul style="list-style-type: none"> Knows basic personal hygiene habits required to maintain health (e.g., eyes, ears, nose, skin, hair, nails). <p>10. Understands the fundamental concepts of growth and development.</p> <ul style="list-style-type: none"> Understands individual differences (in terms of appearance, behavior). 	<p>7. Knows how to maintain and promote personal health.</p> <ul style="list-style-type: none"> Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums). <p>10. Understands the fundamental concepts of growth and development.</p> <ul style="list-style-type: none"> Knows the cycle of growth and development in humans from infancy to old age. 	<p>2. Knows environmental and external factors that affect individual and community health.</p> <ul style="list-style-type: none"> Knows sources and causes of pollution (e.g., air, ground, noise, water, food) in the community. <p>1. Knows the availability and effective use of health services, products, and information.</p> <ul style="list-style-type: none"> Knows community health service providers and their roles (e.g., paramedics, dentists, nurses, sanitarians, dietitians). <p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> Knows how to recognize emergencies and respond appropriately (e.g., uses telephone appropriately to obtain help; identifies and obtains help from police officers, fire fighters, and medical personnel; treats simple injuries such as scratches, cuts, bruises, and first-degree burns). 	<p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> Knows basic water, and recreation safety practices. Knows ways to seek assistance if worried, abused, or threatened (e.g., physically, emotionally, sexually).

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Identifies and shares feelings in appropriate ways.