

Virginia Health

# Kindergarten

## Essential Health Concepts

### 1 The student will identify and describe key health and safety concepts. K.1

#### Body Systems

- a Identify major body parts (e.g., head, torso, arms, legs, hands, feet, muscles, bones). K.1.A
- b Describe the five senses (i.e., sight, hearing, smell, taste, touch). K.1.B

#### Nutrition

- c Identify the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains) and a variety of foods and beverages from each group. K.1.C
- d Explain what it means to have a food allergy. K.1.D

#### Physical Health

- e Describe different types of physical activity and recognize the need for regular physical activity. K.1.E
- f Recognize the importance of a regular bedtime routine and enough sleep. K.1.F

#### Disease Prevention/Health Promotion

- g Define germs and describe how germs (e.g., bacteria, viruses) may cause common diseases (e.g., cold, flu). K.1.G
- h Describe the function of the teeth, how to take care of them, and the health professionals that help care for teeth (e.g., dentist, hygienist). K.1.H

#### Substance Abuse Prevention

- i Identify medicine as a pill or liquid that can be taken to feel better when sick but can cause harm if misused. K.1.I
- j Describe how medicine and other substances can be helpful or harmful, and recognize poison warning labels. K.1.J

#### Safety/Injury Prevention

- k Describe pedestrian, bike, bus, and playground safety practices. K.1.K
- l Describe emergency and nonemergency situations. K.1.L
- m Identify household products that are harmful or poisonous. K.1.M

#### Mental Wellness/Social and Emotional Skills

- n Identify a variety of feelings (e.g., happiness, sadness, anger, fear, frustration, calmness). K.1.N
- o Describe what it means to be a friend and how to show kindness, consideration, and concern for others (i.e., self-awareness, social awareness, and relationship skills). K.1.O
- p Describe personal space. K.1.P

#### Violence Prevention

- q Recognize that classroom rules are important for school (e.g., sharing, respecting others). K.1.Q

## Community/Environmental Health

- r Identify items and materials that can be reused (e.g., grocery bags, paper, water bottles, other containers). **K.1.R**
-

**2 The student will identify healthy decisions. K.2**

Body Systems

- a Recognize how the major body parts work together to move. **K.2.A**
- b Identify situations that require the use of each of the five senses. **K.2.B**

Nutrition

- c Describe healthy meal, snack, and beverage options that include food from the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains). **K.2.C**
- d Identify foods that most often cause allergies. **K.2.D**

Physical Health

- e Identify positive physical activity options and the benefits of being physically active every day. **K.2.E**
- f Describe alternatives to screen time. **K.2.F**

Disease Prevention/Health Promotion

- g Explain how hand washing helps remove bacteria and viruses that can make people sick, and describe situations where it is important to wash hands. **K.2.G**
- h Discuss the benefits of personal hygiene practices (e.g., tooth brushing, flossing, hand washing, grooming). **K.2.H**

Substance Abuse Prevention

- i Describe consequences of taking medications unsupervised. **K.2.I**
- j Identify the meaning of safety signs, symbols, and warning labels and understand the dangers of white powder and other unknown substances. **K.2.J**

Safety/Injury Prevention

- k Describe how safety choices can prevent injuries (e.g., wearing a helmet, tying shoelaces, using seat belts and safety seats, sitting in the back seat of vehicles with airbags). **K.2.K**
- l Identify people who can help in an emergency and in non-emergency situations. **K.2.L**

- m Recognize that not all products advertised or sold are healthy or safe. **K.2.M**

Mental Wellness/Social and Emotional Skills

- n Describe how feelings can influence actions. **K.2.N**
- o Identify strategies for making friends and how to show kindness, consideration, and concern for others, including how to cooperate and share with others. **K.2.O**
- p Identify ways to tell someone they are entering one's personal space. **K.2.P**

Violence Prevention

- q Explain how classmates can support one another at school. **K.2.Q**

Community/Environmental Health

- r Describe ways to reuse items and materials in the classroom. **K.2.R**
-



## Advocacy and Health Promotion

### 3 The student will describe and demonstrate behaviors that promote health and prevent injury and disease. **K.3**

#### Body Systems

- a Describe the different body parts involved in one movement (e.g., jumping, walking, biking). **K.3.A**
- b Describe ways to protect the five senses. **K.3.B**

#### Nutrition

- c Create a shopping list that includes foods from each MyPlate food group. **K.3.C**
- d Describe how to help people with food allergies (e.g., being respectful of restrictions in the classroom and cafeteria, not sharing food, getting help from an adult). **K.3.D**

#### Physical Health

- e Describe ways to participate regularly in physical activities inside and outside of school. **K.3.E**
- f Describe ways to calm down before bed to prepare for sleeping. **K.3.F**

#### Disease Prevention/Health Promotion

- g Demonstrate proper hand washing. **K.3.G**
- h Demonstrate how to brush and floss teeth correctly. **K.3.H**

#### Substance Abuse Prevention

- i Discuss why medicines should only be taken under the supervision of a parent/guardian. **K.3.I**
- j Identify adults to ask for help and assistance with harmful and unknown substances. **K.3.J**

#### Safety/Injury Prevention

- k Describe common safety rules and practices at home, at school, and in communities. **K.3.K**
- l Describe why it is important to ask adults for help in an emergency, how to ask for help, and how to call 911. **K.3.L**
- m Recognize that some household products are harmful if touched, ingested, or inhaled and the importance of asking adults before touching, ingesting, or inhaling white powder or other unknown substances. **K.3.M**

#### Mental Wellness/Social and Emotional Skills

- n Demonstrate how to use words to express feelings. **K.3.N**
- o Demonstrate strategies for making friends and showing kindness, consideration, and concern for others. **K.3.O**
- p Demonstrate how to tell someone they are entering one's personal space and when to ask an adult for help. **K.3.P**

#### Violence Prevention

- q Demonstrate acceptable behavior in classrooms and during play, including showing respect for the personal space of others. **K.3.Q**

Community/Environmental Health

- r Share the importance of reusing items and materials with school and family. **K.3.R**