

**Content Area: Comprehensive Health and Physical Education**

**Standard: 3. Emotional and Social Wellness in Health**

**Prepared Graduates:**

- Utilize knowledge and skills to enhance mental, emotional, and social well-being

**Grade Level Expectation: First Grade**

**Concepts and skills students master:**

- 2. Identify parents, guardians, and other trusted adults as resources for information about health

**Evidence Outcomes**

**Students can:**

- a. Identify trusted adults at home and at school
- b. Identify trusted adults who promote health such as health care providers
- c. Identify the importance of talking about feelings with parents and other trusted adults
- d. Demonstrate the ability to ask for help from a trusted adults

**21<sup>st</sup> Century Skills and Readiness Competencies**

**Inquiry Questions:**

- 1. Who are your trusted adults?
- 2. Why should you ask an adult for help understanding health information?

**Relevance and Application:**

- 1. School, health care sites, and community and belief centers are places where help might be found.

**Nature of Health:**

- 1. Asking for help and health information is a lifelong skill

**Content Area: Comprehensive Health and Physical Education**

**Standard: 2. Physical and Personal Wellness in Health**

**Prepared Graduates:**

- Apply knowledge and skills to engage in lifelong healthy eating

**Grade Level Expectation: First Grade**

**Concepts and skills students master:**

1. Eating a variety of foods from the different food groups is vital to promote good health

**Evidence Outcomes**

**Students can:**

- a. Categorize foods into the major food groups
- b. Identify a variety of foods in each of the food groups that are healthy choices
- c. Identify foods and beverages that are high in added sugar, and generate examples of healthy alternatives

**21<sup>st</sup> Century Skills and Readiness Competencies**

**Inquiry Questions:**

1. What makes some foods healthy and other foods unhealthy?
2. Why is it helpful to know which major food group a food belongs to?
3. What if all the foods you ate came from only one food group?
4. What if all foods looked and tasted exactly the same?

**Relevance and Application:**

1. The tastes, colors, smells, and textures of foods provide sensory experiences that add or take away from enjoying what we eat.

**Nature of Health:**

1. To maintain a health body, it is important to eat a variety of healthful foods.