



**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows community health service providers and their roles (e.g., paramedics, dentist, KUSD support staff)

**Standard:**

**2. Knows environmental and external factors that affect individual and community health**

**Benchmarks:**

- Knows ways to reduce, reuse and recycle at home, in school and in the community

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows basic fire, traffic, water and recreation safety practices (e.g., "stop, drop and roll", helmets, crossing street, stop and go lights, and swimming)
- Recognizes emergencies and responds appropriately (e.g., uses a telephone appropriately to obtain help by calling 911)
- Knows how to get help if feeling unsafe (e.g., stranger danger, good touch/bad touch)
- Knows safety rules and practices to be used in home, school and community settings (e.g., using a seat belt or helmet, protecting ears from exposure to excessive noise)

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Knows healthy eating practices (e.g., avoid foods which cause allergic reactions)

Grade: K



**Health**

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Knows basic personal hygiene habits required to maintain health (e.g., teeth and gums)



**Standard:**

**1. Knows the availability and effective use of health services, products and information**

**Benchmarks:**

- Knows community health service providers and their roles (e.g., nurses, physicians, environmental/sanitation services)

**Standard:**

**3. Understands the relationship of family health to individual health**

**Benchmarks:**

- Knows the roles of family members, including the extended family, in supporting and promoting the health of children

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Identifies and shares feelings in appropriate ways
- Knows behaviors that communicate care, consideration and respect of self and others; including those with disabilities or handicapping conditions (e.g., sharing, manners)

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Recognizes emergencies and responds appropriately (e.g., knows how to treat simple injuries such as scratches, cuts, bruises and simple first-degree burns)
- Knows safety rules and practices to be used in home, school and community settings (e.g., family emergency plan)



**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Classifies foods according to the food pyramid (e.g., bread, cereal, rice and pasta; vegetable; fruit; milk, yogurt and cheese; meat, dry beans, fish, poultry, eggs and nuts; extras)

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Knows basic personal hygiene habits required to maintain health (e.g., care of eyes, ears, nose)
- Understands that rest, food choices, exercise and sleep are required for good health

**Standard:**

**8. Knows essential concepts about the prevention and control of disease**

**Benchmarks:**

- Knows the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing)
- Knows how to prevent the spread of common illnesses (e.g., cover a cough or sneeze, dispose of Kleenex, wash hands, not everything is for sharing)

**Standard:**

**10. Understands the fundamental concepts of growth and development**

**Benchmarks:**

- Understands individual differences (in terms of appearance, behavior)
- Knows the cycle of growth and development in humans from infancy to old age



**Standard:**

**2. Knows environmental and external factors that affect individual and community health**

**Benchmarks:**

- Knows sources, causes and ways to control pollution (e.g., air, ground noise, water, food) in the community

**Standard:**

**3. Understands the relationship of family health to individual health**

**Benchmarks:**

- Understands that each family member has a responsibility to that family
- Understands that each family member or caring adult has a significance in one's life
- Knows effective strategies to cope with change that may occur in families (e.g., pregnancy, birth, marriage, divorce, relocation, unemployment, death)

**Standard:**

**4. Knows how to maintain mental and emotional health**

**Benchmarks:**

- Understands how peer relations affect mental and emotional health (e.g., name calling)

**Standard:**

**5. Knows essential concepts and practices concerning injury, prevention and safety**

**Benchmarks:**

- Knows precautions that should be taken in special conditions (e.g., bad weather, seasonal hazards, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts, not walking home alone)
- Recognizes emergencies and responds appropriately (e.g., uses a telephone appropriately to obtain help by calling 911; identifies and obtains help from police officers, fire fighters and medical personnel; knows how to treat simple injuries such as scratches, cuts, bruises and simple first-degree burns)



- Knows how to seek assistance if worried, abused or threatened (e.g., physically, emotionally, sexually), including how to tell a trusted adult if uncomfortable touching occurs
- Knows safety rules and practices to be used in home, school and community settings (e.g., sport safety such as wearing appropriate clothing, protective equipment, using sun screen or a hat in bright sunlight)

**Standard:**

**6. Understands essential concepts about nutrition and diet**

**Benchmarks:**

- Classifies foods according to the food pyramid including fats and sugars
- Knows health eating practices (e.g., knows healthy meals)

**Standard:**

**7. Knows how to maintain and promote personal health**

**Benchmarks:**

- Knows basic personal hygiene habits required to maintain health (e.g., skin, hair, nails)

**Standard:**

**8. Knows essential concepts about the prevention and control of disease**

**Benchmarks:**

- Understands the taking of prescriptions or over the counter medicines properly

**Standard:**

**9. Understands aspects of substance use and abuse**

**Benchmarks:**

- Distinguishes between helpful and harmful substances
- Knows ways to say no to harmful substances