

PETERS TOWNSHIP SCHOOL DISTRICT

CORE BODY OF KNOWLEDGE

HEALTH

GRADE 1

For each of the units that follow, students may be asked to understand, apply, analyze, evaluate, or create the particular concepts being taught.

COURSE DESCRIPTION:

This course will teach beginning concepts regarding health awareness and practices. Major units of study include safety, germs, diseases, nutrition, and also drugs and medicine.

STUDY SKILLS:

- Active listening
- Questioning to clarify
- Pre-reading to assist with understanding

1. SAFETY

- Explain the importance of rules to keep people safe
- Identify characteristics of a stranger
- List appropriate ways to respond in an unsafe situation
- Explain the importance of remaining calm and getting help in an unsafe situation
- Identify electrical hazards
- Role play unsafe stranger situations
- Demonstrate playground safety rules
- Demonstrate bus evacuation procedures
- Role play calling 9-1-1 in an emergency
- Role play situations that require saying “No” for safety reasons

2. GERMS & DISEASES

- Identify healthy habits to prevent disease
- Identify common causes of health problems in children
- Name common infections of children
- Name common non-infectious diseases of children
- Recognize health-related signs and services
- Demonstrate proper hand washing technique
- Demonstrate behaviors which reduce germ transmission
- Categorize certain behaviors as disease-preventing or disease-promoting

3. NUTRITION

- Name the food groups
- Recognize “MyPlate” as a resource for healthy eating
- Categorize foods according to the food groups
- Plan a healthy meal

4. DRUGS/MEDICINES

- Define “drug”
- List the beneficial effects of using medicine properly
- List the harmful effects of using drugs
- Categorize substances as “drugs,” “medicines,” or “poisons”
- Identify ways to stay safe with medicine or household products
- Verbalize how to say “no” to drug use

MATERIALS:

Health & Wellness, Macmillan/McGraw-Hill, Teacher’s Edition, 1

Health & Wellness, Macmillan/McGraw-Hill, Health Masters, 1

DARE program

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