

Helena Public Schools
Grade 1
Classroom Teacher
Health and Wellness

Health Maintenance & Enhancement

- Show the cause & effect of healthy behaviors
- Identify feeling of hunger and feelings of fullness
- Identify a trusted adult to notify of hunger in the home
- Recognize the Food Guide Pyramid and understands the concept of a balanced meal or snack
- Recognize that foods come from plant & animal sources & provide the body with fuel (e.g. energy)
- Recognize that food fits into different groups & that different amounts are needed from each food group for healthy eating (e.g. grains, fruits, vegetables, dairy, beans, meats)
- Recognize that packaged food products have nutrition labels
- Understand the importance of breakfast & healthy snacks
- Recognize that our bodies are made of the foods we eat
- Illustrate proper food safety procedures (e.g., washing hands, not touching other's food, double dipping, washing fruits and vegetables)
- Identify how food fits into individual cultures & society
- Identify & encourage feelings of hunger & feeling full & mindful eating (appetite) exercises
- Recognize that food provides the body with fuel (energy) (i.e. importance of eating breakfast)
- Describe the responsibilities of various community helpers
- Recognize that decisions have consequences
- Demonstrates peaceful resolutions
- Identify safety rules & procedures and demonstrate self control
- Demonstrates self-directed behavior without external rewards
- Describe what causes disagreements / fights & how to avoid them
- Identify acceptable and unacceptable behavior toward others and list positive ways to deal with those behaviors
- Identify how goal-setting can help a person make a difference in having a healthy life style

Functions & Interrelationships of Systems

- Illustrate the functions of the five senses (e.g., iris, ear canal, olfactory bulb, taste buds, nasal cavity) & explain how the five senses are used in personal & social environment (e.g., gathering information, making observations, drawing conclusions)
- Introduce how nutrition & exercise maintain healthy brain function
- Describe the function of the skin (e.g., protection)
- Demonstrate understanding of the parts of the digestive system
- Identify responsibilities within a family & describe characteristics needed to be a responsible family member
- Understand that people experience different types of love (friends, family, community etc.)
- Recognize how each person has a unique contribution (e.g., physical, mental, cultural, ethnicity) to their community (e.g., classroom, school, neighborhood)
- Identify a variety of feelings & situations that may require adult assistance
- Respect the rights & feelings of others
- Demonstrate peaceful conflict resolution
- Accept & expresses feelings in a socially acceptable manner
- Understand children need help from adults to make some decisions
- Understand all decisions have consequences, positive and/or negative
- Recognize elements of a healthy relationship (i.e. respect, caring, boundaries)
- Recognize small children make many decisions such as what clothes to wear, which toys to play with, or with who to be friends

Risk Assessment & Reduction

- Recognize the positive lifestyle behaviors (e.g., sunscreen physical activity, diet, sleep, stress management)
- Aware of the necessity for skin & eye protection
- Identify ways to stay safe in bad weather (e.g., tornado, electric storms)
- Identify safety rules for being around strangers & using the internet, phone and text

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- Identify potential hazards in & around the home (e.g., kitchen, bathroom, yard, evacuation plan)
- Identify bus, biking & walking safety expectations
- Identify individuals who can properly assist with first aid procedures (e.g., school nurse, lifeguard, teacher, parent, babysitter)
- Match safety equipment to the activity or sport
- Demonstrate specific safe practices & procedures in & around water (e.g., life jackets, buddy system, inclement weather)
- Identify alcohol, tobacco, & medicines as drugs
- Describe how tobacco, alcohol and other drugs affect the way a person thinks, feels, & acts
- Identify substances that pollute the air & harm your lungs
- Recognize the effects of noise pollution on the body (e.g., loud music, headsets)
- Identify ways to protect the body from the environment (e.g., sunscreen, insect repellent, sunglasses, goggles, hats)