

Kindergarten

Comprehensive Health Strands:

Community/Environmental Health (C)	Nutrition (N)
Personal Health (PH)	Consumer Health (CH)
Human Growth and Development (H)	Mental Health (M)
Disease Prevention and Control (D)	Safety and First Aid (S)
Drug Abuse Prevention (DA)	Family Life (F)

Competencies and Suggested Objectives:

- 1. Comprehend concepts related to health promotion and disease prevention. (D, PH, N, H)**
 - Explain how childhood injuries and illnesses can be prevented or treated.
 - Describe relationships between personal health behaviors and individual well-being.
 - Describe the functions of the five senses.
 - Identify the food groups of the Pyramid.
 - Identify emergency numbers.
- 2. Demonstrate the ability to access valid health information and health-promoting products and services. (C, S, CH)**
 - Identify health products and services used by adults/children.
 - Identify healthy helpers in the community.
- 3. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks. (PH, S)**
 - Demonstrate safe behavior in daily activity.
 - Demonstrate positive personal hygiene.
- 4. Analyze the influence of culture, media, technology, and other factors on health. (M)**
 - Understand the differences among peers and how they relate to culture.
 - Understand procedures in the case of an emergency.
- 5. Demonstrate the ability to use interpersonal communication skills to enhance health. (PH, F, M, S)**
 - Demonstrate ability to work in group settings without interfering with others.
 - Explain healthy ways to express feelings.
 - Identify ways families meet the needs and wants of each family member.

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- 6. Demonstrate the ability to use goal-setting and decision-making skills to enhance health. (N, PH, H, S)**
 - a. Demonstrate an ability to identify healthy food.
 - b. Demonstrate healthy choices (i.e., engaging in activity).
 - c. Explain how to set personal health goals and track progress toward achievement.

- 7. Understand the importance of demonstrating the ability to advocate for personal, family, and community health. (C, PH, F)**
 - a. Discuss the importance of influencing others to make healthy choices.
 - b. Demonstrate an ability to recognize health services in the community (i.e., firefighter, sanitation worker, police officer, paramedics, etc.).