

Stage 1 – Desired Results

Related standard(s):

- 2.1.P.A.1
- 2.1.P.A.2
- 2.1.P.B.1
- 2.1.P.B.2
- 2.1.P.C.1
- 2.1.P.D.1
- 2.1.P.D.2
- 2.1.P.D.3
- 2.1.P.D.4
- 2.2.P.E.1

Transfer

Students will be able to independently use their learning to...

- Support a healthy, active lifestyle.

Meaning

Enduring Understandings (EUs)

Students will understand that...

- Health choices and behaviors have a profound impact on personal, family, community, and global wellness.
- Medical advances, technology, and public health efforts enable some people to live healthier and longer lives than ever before, but many people struggle to be healthy.
- Understanding why a behavior or activity is unsafe or risky is only the first step towards preventing injuries and staying safe. Consistently employing safe and healthy behaviors helps to reduce the incidence and severity of injuries.
- Food choices and eating patterns are developed at a young age, persist throughout one’s lifetime, and may impact one’s long-term health.
- It may be difficult to change unhealthy eating patterns that are rooted in family traditions, religious beliefs, or culture.
- Peers and the media also have a significant impact on food choices and the availability of healthy options.
- Making healthy eating choices is an important part of achieving and sustaining wellness.

Essential Questions (EQs)

Students will keep considering...

- How do personal health choices impact our own health as well as the health of others?
- How can a personal commitment to wellness influence the health of others?
- How does this commitment reduce ones’ risk for diseases, health conditions, and injuries that may impact the quality or duration of one’s life?
- Why is it so difficult to educate people about risky behaviors? Why do some people still engage in unsafe behaviors despite knowing the inherent risks and possible outcomes?
- How are food choices influenced by culture and tradition?
- What role does family, peers, and the media have on food choices now and throughout life?

Grade Level Benchmarks

Knowledge

Students will know...

- Developing self-help skills and personal hygiene skills promotes healthy habits.
- Developing the knowledge and skills necessary to make nutritious food choices promotes healthy habits.
- Developing self-help skills and personal hygiene skills promotes healthy habits.
- Developing an awareness of potential hazards in the environment impacts personal health and safety.
- Developing an awareness of potential hazards in the environment impacts personal health and safety.

Skills

Students will be able to...

- Develop an awareness of healthy habits (e.g., use clean tissues, wash hands, handle food hygienically, brush teeth, and dress appropriately for the weather).
- Demonstrate emerging self-help skills (e.g., develop independence when pouring, serving, and using utensils and when dressing and brushing teeth).
- Explore foods and food groups (e.g., compare and contrast foods representative of various cultures by taste, color, texture, smell, and shape).
- Develop awareness of nutritious food choices (e.g., participate in classroom cooking activities, hold conversations with knowledgeable adults about daily nutritious meal and snack offerings).
- Develop an awareness of healthy habits (e.g., use clean tissues, wash hands, handle food hygienically, brush teeth, and dress appropriately for the weather).
- Use safe practices indoors and out (e.g., wear bike helmets, walk in the classroom, understand how to participate in emergency drills, and understand why car seats and seat belts are used).
- Develop an awareness of warning symbols and their meaning (e.g., red light, stop sign, poison symbol, etc.).
- Identify community helpers who assist in maintaining a safe environment.
- Know how to dial 911 for help.
- Identify community helpers who assist in maintaining a safe environment.