Publisher: *[Enter Publisher Name]*

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Approved by the State Board of Education on May 8, 2019

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Components *[Enter Components]*

# Standards Map Template–2020 Health Education AdoptionKindergarten

(Download and use to cite where instructional resources fully address each standard)

## Nutrition and Physical Activity

### 1: Essential Concepts

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.1.1.N | Name a variety of healthy foods and explain why they are necessary for good health. |  |  |  |  |
| K.1.2.N | Identify a variety of healthy snacks. |  |  |  |  |
| K.1.3.N | Describe the benefits of being physically active. |  |  |  |  |
| K.1.4.N | Recognize the importance of a healthy breakfast. |  |  |  |  |

### 2. Analyzing Influences

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.2.1.N | Recognize that not all products advertised or sold are good for them. |  |  |  |  |

### 4. Interpersonal Communication

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.4.1.N | Explain how to ask family members for healthy food options. |  |  |  |  |

### 5. Decision Making

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.5.1.N | Describe ways to participate regularly in active play and enjoyable physical activities. |  |  |  |  |

### 7. Practicing Health Enhancing Behaviors

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.7.1.N | Select nutritious snacks. |  |  |  |  |
| K.7.2.N | Plan a nutritious breakfast. |  |  |  |  |
| K7.3.N | Choose healthy foods in a variety of settings. |  |  |  |  |

## Growth and Development

### 1. Essential Concepts

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.1.1.G | Explain that living things grow and mature. |  |  |  |  |
| K.1.2.G | Describe their own physical characteristics. |  |  |  |  |
| K.1.3.G | Name ways in which people are similar and ways in which they are different. |  |  |  |  |
| K.1.4.G | Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists). |  |  |  |  |
| K.1.5.G | Name body parts and their functions. |  |  |  |  |
| K.1.6.G | Name and describe the five senses. |  |  |  |  |

## Injury Prevention and Safety

### 1. Essential Concepts

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.1.1.S | Identify safety rules for the home, the school, and the community. |  |  |  |  |
| K.1.2.S | Identify emergency situations. |  |  |  |  |
| K.1.3.S | Explain ways to stay safe when riding in a bus or other vehicle. |  |  |  |  |
| K.1.4.S | Distinguish between appropriate and inappropriate touching. |  |  |  |  |
| K.1.5.S | Explain that everyone has the right to tell others not to touch his or her body. |  |  |  |  |
| K.1.6.S | Describe school rules about getting along with others. |  |  |  |  |
| K.1.7.S | Recognize the characteristics of bullying. |  |  |  |  |
| K.1.8.S | Identify ways to stay safe when crossing streets, riding a bicycle, or playing. |  |  |  |  |
| K.1.9.S | Recognize that anything may be poisonous or cause harm if used unsafely. |  |  |  |  |
| K.1.10.S | Identify people who are strangers and how to avoid contact with strangers. |  |  |  |  |
| K.1.11.S | Demonstrate how to ask trusted adults for help. |  |  |  |  |
| K.1.12.S | Define and explain the dangers of weapons. |  |  |  |  |
| K.1.13.S | Explain the importance of telling a trusted adult if you see or hear about someone having a weapon. |  |  |  |  |

### 3. Accessing Valid Health Information

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.3.1.S | Identify trusted adults who can help in emergency situations. |  |  |  |  |

### 4. Interpersonal Communication

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.4.1.S | Demonstrate how to ask a trusted adult for help or call 9-1-1. |  |  |  |  |
| K.4.2.S | Show how to answer the phone in a safe way. |  |  |  |  |

### 5. Decision Making

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.5.1.S | Identify situations when it is necessary to seek adult help or call 9-1-1. |  |  |  |  |
| K.5.2.S | Role-play what to do if a stranger at home, in a car, or on the street approaches you. |  |  |  |  |

### 7. Practicing Health Enhancing Behaviors

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.7.1.S | Follow rules for safe play and safety routines. |  |  |  |  |
| K.7.2.S | Show how to cross the street safely. |  |  |  |  |

### 8. Health Promotion

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.8.1.S | Show how to tell a trusted adult when you or a friend find a weapon. |  |  |  |  |

## Alcohol, Tobacco, and Other Drugs

### 1. Essential Concepts

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.1.1.A | Explain why medicines are used. |  |  |  |  |
| K.1.2.A | Explain that medicines can be helpful or harmful. |  |  |  |  |
| K.1.3.A | Recognize that medicines should be taken only under the supervision of a trusted adult. |  |  |  |  |
| K.1.4.A | Recognize that some household products are harmful if ingested or inhaled. |  |  |  |  |
| K.1.5.A | Recognize that tobacco smoke is harmful to health and should be avoided. |  |  |  |  |

## Mental, Emotional, and Social Health

### 1. Essential Concepts

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.1.1.M | Identify a variety of emotions. |  |  |  |  |
| K.1.2.M | Describe the characteristics of families. |  |  |  |  |
| K.1.3.M | Identify trusted adults at home and at school. |  |  |  |  |
| K.1.4.M | Describe characteristics that make each individual unique. |  |  |  |  |
| K.1.5.M | Describe and practice situations when it is appropriate to use “Please,” “Thank you,” “Excuse me,” and “I’m sorry.” |  |  |  |  |

### 2. Analyzing Influences

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.2.1.M | Identify ways family and friends help promote well-being. |  |  |  |  |

### 3. Accessing Valid Health Information

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.3.1.M | Identify trusted adults at home and at school who can help with mental and emotional health concerns. |  |  |  |  |

### 4. Interpersonal Communication

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.4.1.M | Show how to express personal needs and wants appropriately. |  |  |  |  |
| K.4.2.M | Cooperate and share with others. |  |  |  |  |

### 6. Goal Setting

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.6.1.M | Make a plan to help family members at home. |  |  |  |  |

### 7. Practicing Health Enhancing Behaviors

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.7.1.M | Express emotions appropriately. |  |  |  |  |
| K.7.2.M | Describe positive ways to show care, consideration, and concern for others. |  |  |  |  |

### 8. Health Promotion

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.8.1.M | Encourage others when they engage in safe and healthy behaviors. |  |  |  |  |

## Personal and Community Health

### 1: Essential Concepts

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.1.1.P | Identify effective dental and personal hygiene practices. |  |  |  |  |
| K.1.2.P | Describe sun-safety practices. |  |  |  |  |
| K.1.3.P | Define “germs.” |  |  |  |  |
| K.1.4.P | Explain why the transmission of germs may be harmful to health. |  |  |  |  |
| K.1.5.P | Identify practices that are good for the environment, such as turning off lights and water, recycling, and picking up trash. |  |  |  |  |

### 3. Accessing Valid Health Information

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.3.1.P | Identify health care workers who can help promote healthy practices. |  |  |  |  |

### 4. Interpersonal Communication

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.4.1.P | Demonstrate how to ask for assistance with a health-related problem. |  |  |  |  |

### 7. Practicing Health Enhancing Behaviors

| **Standard** | Standard Language | **Publisher Citations** | **Met****Y** | **Met****N** | **Reviewer Comments, Citations, and Questions** |
| --- | --- | --- | --- | --- | --- |
| K.7.1.P | Show effective dental and personal hygiene practices. |  |  |  |  |
| K.7.2.P | Demonstrate ways to prevent the transmission of germs (e.g., washing hands, using tissues). |  |  |  |  |