

Health

Health Habits

1.0 Basic Hygiene

| <i>At around 48 months of age</i> | <i>At around 60 months of age</i> |
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| 1.1 Demonstrate knowledge of some steps in the handwashing routine. | 1.1 Demonstrate knowledge of more steps in the handwashing routine. |
| 1.2 Practice health habits that prevent infectious diseases and infestations (such as lice) when appropriate, with adult support, instruction, and modeling. | 1.2 Begin to independently practice health habits that prevent infectious disease and infestations (such as lice) when appropriate, with less adult support, instruction, and modeling. |

2.0 Oral Health

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| 2.1 Demonstrate knowledge of some steps of the routine for brushing teeth, with adult supervision and instruction. | 2.1 Demonstrate knowledge of more steps of the routine for brushing and when toothbrushing should be done, with less adult supervision. |
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3.0 Knowledge of Wellness

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| 3.1 Identify a few internal body parts (most commonly the bones, brain, and heart) but may not understand their basic function. | 3.1 Identify several different internal body parts and demonstrate a basic, limited knowledge of some functions. |
| 3.2 Begin to understand that health-care providers try to keep people well and help them when they are not well. | 3.2 Demonstrate greater understanding that health-care providers try to keep people well and help them when they are not well. |
| 3.3 Communicate to an adult about not feeling well, feeling uncomfortable, or about a special health need, with varying specificity and reliability. | 3.3 Communicate to an adult about not feeling well, feeling uncomfortable, or about a special health need, with more specificity and reliability. |

4.0 Sun Safety

| <i>At around 48 months of age</i> | <i>At around 60 months of age</i> |
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| 4.1 Begin to practice sun-safe actions, with adult support and guidance. | 4.1 Practice sun-safe actions with decreasing adult support and guidance. |

Safety

1.0 Injury Prevention

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| 1.1 Follow safety rules with adult support and prompting. | 1.1 Follow safety rules more independently though may still need adult support and prompting. |
| 1.2 Begin to show ability to follow emergency routines after instruction and practice (for example, a fire drill or earthquake drill). | 1.2 Demonstrate increased ability to follow emergency routines after instruction and practice. |
| 1.3 Show beginning ability to follow transportation and pedestrian safety rules with adult instruction and supervision. | 1.3 Show increased ability to follow transportation and pedestrian safety rules with adult support and supervision. |

Nutrition

1.0 Nutrition Knowledge

| <i>At around 48 months of age</i> | <i>At around 60 months of age</i> |
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| 1.1 Identify different kinds of foods. | 1.1 Identify a larger variety of foods and may know some of the related food groups. |

2.0 Nutrition Choices

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| 2.1 Demonstrate a beginning understanding that eating a variety of food helps the body grow and be healthy, and choose from a variety of foods at mealtimes. | 2.1 Demonstrate greater understanding that eating a variety of food helps the body grow and be healthy, and choose from a greater variety of foods at mealtimes. |
| 2.2 Indicate food preferences that reflect familial and cultural practices. | 2.2 Indicate food preferences based on familial and cultural practices and on some knowledge of healthy choices. |

3.0 Self-Regulation of Eating

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| 3.1 Indicate awareness of own hunger and fullness. | 3.1 Indicate greater awareness of own hunger and fullness. |
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