

PRE-K: Physical Development: Health

Stage 1 Desired Results		
<p>ESTABLISHED GOALS:</p> <p><u>Competencies:</u></p> <ul style="list-style-type: none"> Students will demonstrate the ability to identify healthy habits in order to promote a safe and healthy lifestyle. <p><u>Framework descriptors:</u></p> <p>Nutrition</p> <ul style="list-style-type: none"> Recognize and eat a variety of nutritious foods When asked, are able to name nutritious alternatives <p>Basic Safety</p> <ul style="list-style-type: none"> Follow basic health and safety rules with some reminders and/or guidance from adults <p>Self-Care</p> <ul style="list-style-type: none"> Demonstrating increasing independence with basic health care skills, if culturally appropriate 	Transfer	
	<i>Students will be able to independently use their learning to live a safe and healthy lifestyle.</i>	
	Meaning	
	<p>ENDURING UNDERSTANDINGS</p> <p><i>Students will understand that...</i></p> <ul style="list-style-type: none"> there are germs that can make us sick. there are things we can do to help us not get sick. some foods are good for our bodies and other foods are not. rules and expectations help keep us safe. 	<p>ESSENTIAL QUESTIONS</p> <ul style="list-style-type: none"> How do I make safe choices? How do I make healthy choices?
	Acquisition	
<p><i>Students will know...</i></p> <ul style="list-style-type: none"> the nutritional value of different foods. the basic health and safety rules at school and home. the importance of basic health care skills. <p><u>vocabulary:</u> (un)healthy, germs, nutritious, safe, rules, expectations, care, foods/food groups (vegetables, fruits, grains, meats, junk food, sweets, etc.),</p>	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> identifying nutritious choices food choices. following basic health and safety rules at school and home. demonstrating independence with basic health care (ie washing hands, wiping nose etc). 	
Content Area Literacy Standards		21st Century Skills
<ul style="list-style-type: none"> NOT APPLICABLE 		<ul style="list-style-type: none"> Initiative and Self-Direction Social and Cross-Cultural Skills Productivity and Accountability

