

**HEALTH/FAMILY LIFE
KINDERGARTEN COURSE CONTENT OUTLINE**

- UNIT I. Injury Prevention and Personal Safety**
- Safety rules & helpers
 - Who to trust
 - Safe and unsafe touches
- UNIT II. Nutrition**
- Healthful food choices
 - Food needs of living things
 - Healthful vs. unhealthful
- UNIT III. Functions of the Body**
- Functions & care routines for the five senses
 - Respect for self and others
 - Responsible self care
- UNIT IV. Growth & Development/The Cycle of Family Life**
- Identifying love, trust & caring
 - Family similarities & differences
 - Growing & changing
 - Comparing & contrasting different bodies
- UNIT V. HIV/AIDS and Illness Prevention**
- What doctors, dentists, nurses & others do
 - Good hygiene
 - Defining sick
- UNIT VI. Substance Abuse Prevention**
- Define drugs & medicines
 - Importance of saying no
 - Where to go for help
- UNIT VII. Community Health & Safety (With Violence Prevention)**
- Define community
 - Safety routines
 - Bullying
- UNIT VIII. Self Worth, Mental and Emotional Health**
- Seeing unique qualities in self and others
 - Respect self and others
 - Practice self care and healthy habits
- UNIT IX. Environmental and Consumer Health**
- Identify healthy and clean communities
 - Good citizenship
- UNIT X. Physical Fitness**
- Benefits of exercise on heart and muscles
 - Good sportsmanship
 - Goals for fitness