

## **Health Education Content Standards for California Schools**

### **1Standard: Essential Concepts**

#### **Kindergarten**

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks.
- 1.3.N Describe the benefits of being physically active.
- 1.4.N Recognize the importance of a healthy breakfast.

#### **First Grade**

- 1.1.G Describe how living things grow and mature.
- 1.2.G Identify anatomical names of major internal and external body parts.
- 1.3.G Identify a variety of behaviors that promote healthy growth and development.

#### **Grade 2**

- 1.1.N Classify various foods into appropriate food groups.
- 1.2.N Identify the number of servings of food from each food group that a child needs daily.
- 1.3.N Discuss the benefits of eating a nutritious breakfast everyday.
- 1.4.N List the benefits of healthy eating (including beverages and snacks).
- 1.5.N Describe the benefits of drinking water in amounts consistent with current research-based health guidelines.
- 1.6.N Describe how to keep food safe from harmful germs.
- 1.7.N Identify a variety of healthy snacks.
- 1.8.N Identify and explore opportunities outside of school for regular participation in physical activity.
- 1.9.N Explain how both physical activity and eating habits can affect a person's health.

#### **Grade 3**

- 1.1.G Describe the cycle of birth, growth, aging, and death in living things.
- 1.2.G Recognize that there are individual differences in growth and development.
- 1.3.G Identify major internal and external body parts and their functions.

#### **Grade 4**

- 1.1.N Identify and define key nutrients and their functions.
- 1.2.N State the recommended number of servings and serving sizes for different food groups.
- 1.3.N Describe the relationship between food intake, physical activity, and good health.
- 1.4.N Identify how to keep food safe through proper food preparation and storage.
- 1.5.N Explain how food can contain germs that cause illness.
- 1.6.N Explain the importance of drinking plenty of water, especially during vigorous physical activity.
- 1.7.N Describe the benefits of moderate and vigorous physical activity.
- 1.8.N Identify ways to increase and monitor physical activity.

#### **Grade 5**

- 1.1.N Describe the food groups, including recommended portions to eat from each food group.