

DeRuyter Central School District

Health

Kindergarten

54 Benchmarks

►Standard 1: Knows the availability and effective use of health services, products, and information

HE.K.1.1 Describe things police officers do in their work as health helpers.

HE.K.1.2 Describe things firefighters do in their work as health helpers.

HE.K.1.3 Name fire safety rules for school and home.

HE.K.1.4 Define an emergency.

HE.K.1.5 Demonstrate making an emergency phone call.

HE.K.1.6 Describe things doctors do in their work as health helpers.

HE.K.1.7 Name ways they can help the doctor.

HE.K.1.8 Describe things nurses do in their work as health helpers.

HE.K.1.9 State where to get help if they are sick or hurt while at school.

HE.K.1.10 Describe things the dentist, hygienist and dental assistant do in their work as dental health helpers.

►Standard 2: Knows environmental and external factors that affect individual and community health

HE.K.2.1. Name ways to recognize a poison.

HE.K.2.2. Name common household products and plants those are poisonous.

HE.K.2.3. List objects that are dangerous and should not be touched.

HE.K.2.4. State what to do if dangerous objects are found.

►Standard 3: Understands the relationship of family health to individual health

HE.K.3.1. Name ways families are alike and different.

HE.K.3.2. State their contributions to their families.

HE.K.3.3. Name ways family members can help each other.

►Standard 4: Knows how to maintain mental and emotional health

HE.K.4.1. Define the word “friend”.

HE.K.4.2. List ways to make friends.

HE.K.4.3. List different feelings; happy, upset, surprised.

HE.K.4.4. Name behavioral expressions of different feelings.

HE.K.4.5. State the benefits of feeling relaxed when concentrating.

HE.K.4.6. List ways to settle down when they are having strong feelings.

►Standard 5: Knows essential concepts and practices concerning injury prevention and safety

HE.K.5.1. Name traffic signs and signals and explain what they mean.

HE.K.5.2. List safe practices for pedestrians.

HE.K.5.3. List safe practices when bicycling and riding in a car.

HE.K.5.4. Demonstrate appropriate use of a safety belt.

►Standard 6: Understands essential concepts about nutrition and diet

HE.K.6.1. State that eating a variety of foods helps them grow.

HE.K.6.2. Classify foods according to common characteristics and/or categories.

HE.K.6.3. Name at least two foods that promote dental health.

►Standard 7: Knows how to maintain and promote personal health

HE.K.7.1. Know the purposes of teeth and the difference between primary and permanent teeth

HE.K.7.2. Define tooth decay and ways to prevent tooth decay.

HE.K.7.3. Demonstrate appropriate tooth brushing techniques and knowledge of other daily oral hygiene practices.

HE.K.7.4. Identify the difference between good and bad secrets.

HE.K.7.4. Name people they can tell about uncomfortable situations.

HE.K.7.4. State what to do if they are in an uncomfortable situation related to being touched.

HE.K.7.5. Identify who a stranger is.

HE.K.7. 5. Explain the difference between good touch, bad touch and confusing touches.

HE.K.7.7. Demonstrate saying an assertive “NO”.

HE.K.7.8 Name personal health practices that contribute to good health

►Standard 8: Knows essential concepts about the prevention and control of disease

HE.K.8.1. List specific practices that prevent and control the spread of communicable diseases.

HE.K.8.2. Demonstrate proper hand washing technique.

HE.K.8.3. State that HIV/AIDS is a disease that is hard to catch.

HE.K.8.4. List ways to behave around someone who has AIDS or HIV infection.

►Standard 9: Understands aspects of substance use and abuse

HE.K.9.1. Define the terms “poison” and “medicine”.

HE.K.9.2. Identify when it is not safe to take medicine.

HE.K.9.3. Explain why they should not taste, sniff, swallow, or play with an unknown substance.

HE.K.9.4. Define the term “drug”.

HE.K.9.5. Classify items into two groups, drugs and non-drugs.

HE.K.9.6. State that medicines are drugs.

HE.K.9.7. State when it is safe to take medicines and when it is not.

HE.K.9.8. State the differences between medicines and other drugs.

HE.K.9.9. Demonstrate the skill of saying “NO!” to illegal drugs

►Standard 10: Understands the fundamental concepts of growth and development

HE.K.10.1. Identify private body parts.

HE.K.10.2. Name the five senses and ways they use each sense.

- Ears and Sounds
- Eyes and sight
- Smelling and tasting
- Smelling, tasting, and seeing together
- Touching

HE.K.10.3. Name the sense organs (body parts) associated with each sense.