

KINDERGARTEN HEALTH

MISSOURI LEARNING STANDARDS

Functions and Interrelationships of Systems	
1. Structure and Functions of the Body	
A. Sensory System	
FS.1.A.K.a	a. Identify the five senses.
B. Muscular System	
FS.1.B.K.a	a. Tell why people have muscles
C. Skeletal System	
FS.1.C.K.a	a. Tell why people have bones
E. Cardio -respiratory/Circulatory System	
FS.1.E.K.a	a. Show the location of the heart
2. Social, Emotional, and Mental Health	
A. Influence of Family and Peers	
FS.2.A.K.a	a. State qualities of a good friend
FS.2.A.K.b	b. Recognize similarities and differences of families
C. Communication Skills	
FS.2.C.K.a	a. Recognize different emotions
FS.2.C.K.b	b. Identify appropriate ways of expressing feelings and recognize verbal and nonverbal cues associated with each (e.g., happy, sad, mad, and afraid)
Health Maintenance and Enhancement	
1. Personal and Family Health	
A. Personal Health	
HM.1.A.K.a	a. Identify behaviors that keep a person healthy (e.g., physical activity, sleep, good nutrition, clothing, hygiene)
D. Health and Skill Related Fitness	
HM.1.D.K.a	a. Recognize that active play makes people strong and healthy
2. Nutrition	
B. Balance, Variety and Moderation	
HM.2.B.K.a	a. Recognize we need a variety of foods each day
D. Food Handling and Safety	
HM.2.D.K.a	a. Recognize how germs are spread and apply practices to reduce germs in our community (e.g., hand washing, not eating food off, floor, not touching others' food, wash fruits and vegetables)

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3. Consumer Health and Safety	
C. Community Services/Careers	
HM.3.C.K.a	a. Identify community helpers and health professionals (e.g., fire, police, nurse, doctor, dentist, pediatrician, pharmacist, safety patrol)
4. Life Management Skills	
A. Decision Making and Problem Solving	
HM.4.A.K.a	a. Recognize that people have disagreements and choices on how to resolve them
B. Refusal/Assertive Skills and Conflict Resolution	
HM.4.B.K.a	a. Recognize and practice saying “no” to unhealthy actions and behaviors toward them (e.g., stop, get away, and tell an adult or No, Go, and Tell)
Risk Assessment and Reduction	
1. Disease Prevention and Control	
A. Communicable vs. Non -Communicable Diseases	
RA.1.A.K.a	a. Recognize that germs cause illness
B. Body Defenses and Recovery	
RA.1.B.K.a	a. Model proper hand washing and hygiene
E. HIV/AIDS Prevention Education	
RA.1.E.K.a	a. Identify bodily fluids (e.g., blood, saliva, urine, tears, sweat
RA.1.E.K.b	b. Identify how gloves protect us from bodily fluids
2. Injury Prevention and Safety	
A. Safety for Home, School, and Communities	
RA.2.A.K.a	a. Identify safe and unsafe practices and conditions at home, school, and in the community
RA.2.A.K.b	b. Recognize warning labels that identify harmful items and substances (e.g., cleaning products, “Mr. Yuk” symbol, plastic bags)
B. First Aid Procedures	
RA.2.B.K.a	a. Tell what first aid is and give an example
RA.2.B.K.b	b. Explain how to make emergency phone calls
C. Activity Related Injuries and Environmental Conditions	
RA.2.C.K.a	a. Recognize that safety equipment is necessary to protect the body during participation in sports and recreational activities (e.g., helmet, mouth piece, shin guards, eye protection)
D. Water -Related Emergencies	
RA.2.D.K.a	a. Recognize the importance of safety rules in and around water
RA.2.D.K.b	b. Identify specific safe practices in and around water (e.g., life jackets, buddy system, inclement weather)

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3. Substance Education	
A. Safe and Unsafe Substances	
RA.3.A.K.a	a. Recognize that there are safe and unsafe substances that can be taken into the body
RA.3.A.K.b	b. Identify ways to stay away from dangerous substances
B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances	
RA.3.B.K.a	a. Recognize that medicine is used to prevent or treat certain health problems, taken under adult supervision
C. Substance Use vs. Non -Use	
RA.3.C.K.a	a. Recognize that TAOD (tobacco, alcohol, and other drugs) can have dangerous effects on the body
4. Environmental Health	
A. Effects of Pollution on Health	
RA.4.A.K.a	a. Recognize how the environment affects a person's health
B. Individual Responsibility	
RA.4.B.K.a	a. Identify ways to protect the body from the environment (e.g., sunscreen, insect repellant, sunglasses, goggles, hats)