The health domain in the California Preschool Curriculum Framework, Volume 2 is:

- A companion to the same domain in the California Preschool Learning Foundations, Volume 2.
- A guide for teachers in planning curriculum that supports physical development.
- Organized with the same strands and substrands as the foundations.
The strands include:

- **Health Habits**: focuses on basic hygiene, oral health, knowledge of wellness, and safety in the sun. Learning occurs primarily in the context of the children’s daily routines

- **Safety**: promotes children’s safety awareness. It addresses children’s ability to follow safety rules, emergency routines, and transportation and pedestrian safety rules

- **Nutrition**: focuses on children developing healthy eating habits
Health

**Nutrition**

Substrand 1.0  Nutrition Knowledge
Substrand 2.0  Nutrition Choices
Substrand 3.0  Self-Regulation of Eating

The health development domain in the *California Preschool Curriculum Framework, Volume 2* contains:

- Guiding principles
- Suggestions for environments and materials
- Vignettes
- Teachable moments
- Interactions and strategies
- Strategies for engaging families
- Research highlights
- Questions for reflection
Health

Handwashing

- What were your family’s handwashing practices?
- Do you remember seeing your parents or siblings washing their hands at specific times?
- Were there specific times, such as right before meals, when you or your family members were reminded to wash hands?

Health

Brushing teeth

- How often and when were you taught to brush your teeth?
- Were you reminded by your family or others to floss?
Mealtime
- Did your family eat meals together? Which ones? Around a table or special place?
- How was food put onto plates? Individually and then brought to the table? Served at the table? Did the family eat from shared dishes?
- What were some foods that your family enjoyed together?
- What were some special foods that were related to holidays or celebrations?

Safety
- Are there safety rules that you remember from when you were a child? Were these rules from your family or from school?
- What were you taught about crossing streets? Electrical outlets? Using appliances?
- What do you remember learning about staying safe while participating in sports?
• What did you hear that you had not known or thought about?
• How did this help you understand your own health, safety, and nutrition habits?
• What did you learn about how family influences might impact how children build health-promoting habits?
• How will this influence your approach to teaching health, safety, and nutrition to young children?