

Health



Health

Health Domain Self-Assessment

Foundation number	Strand: Health Habits	Almost always	Most of the time	Need to work on this
1.1	I wash my hands after toileting, before eating, and at other times when appropriate.			
1.2	I practice health habits that prevent infectious disease and infestation, such as sneezing into the elbow and not sharing eating utensils or foods.			
2.1	I know the routines for toothbrushing and brush and floss two times a day.			
3.1	I understand the functions of my internal body parts.			



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- Where have you developed healthy habits, healthy nutritional practices, and strong safety practices?
- Where do you have some challenges, and what are they?
- How do your family's habits and practices influence yours?



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- Overall, what did you learn about the foundations in the health domain?
- Did any of the foundations surprise, confuse, or challenge you?
- How will your own practices affect how you can support children in developing healthy habits, strong safety practices, and healthy nutritional practices?



Health

- Choose *one* of the substrands in the health domain
- Find two studies related to the foundations in that substrand.
- Write a short review describing the question that was studied and the findings that emerged from each study.