

# Health



Health: Learning Experience 7

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# Health

*Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve*  
(California Department of Education, March 2008)

- Nutrition and Physical Activity
- Growth and Development
- Injury Prevention and Safety
- Alcohol, Tobacco, and Other Drugs
- Mental, Emotional, and Social Health
- Personal and Community Health

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Kindergarten Content Standards ↓	Strand: Health Habits						
	Substrand: Basic Hygiene		Substrand: Oral Health	Substrand: Knowledge of Wellness			Substrand: Sun Safety
Nutrition and Physical Activity	1.1	1.2	2.1	3.1	3.2	3.3	4.1
Standard 1: Essential Concepts							
Standard 2: Analyzing Influences							
Standard 3: Accessing Valid Information – Skills not identified until grade two							
Standard 4: Interpersonal Communication							
Standard 5: Decision Making							

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- What are the purposes of the preschool learning foundations and the kindergarten content standards?
- Where do you see similarities and differences between the health foundations and the CDE health content standards for kindergarten?
- What might be some reasons for these similarities and differences?



## Health

- Why is it important for preschool teachers to be aware of the kindergarten content standards?
- What are some general ways that preschool teachers and kindergarten teachers can use the preschool health foundations and the kindergarten health content standards in their classroom practices?