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National Health Education Standards

The activities in *Healthy Habits for Healthy Kids (Kindergarten)* meet the following National Health Education Standards. For more information about these standards go to www.cdc.gov/healthyyouth/sher/standards/index.htm

Standard 1.2.1. Identify that healthy behaviors impact personal health.

Standard 1.2.2. Recognize that there are multiple dimensions of health.

Standard 1.2.3. Describe ways to prevent communicable diseases.

Standard 1.2.4. List ways to prevent common childhood injuries.

Standard 2.2.2. Identify what the school can do to support personal health practices and behaviors.

Standard 4.2.2. Demonstrate listening skills to enhance health.

Standard 5.2.1. Identify situations when a health-related decision is needed.

Standard 6.2.1. Identify a short-term personal health goal and take action toward achieving the goal.

Standard 7.2.1. Demonstrate healthy practices and behaviors to maintain or improve personal health.

Standard 7.2.2. Demonstrate behaviors to avoid or reduce health risks.

Standard 8.2.2. Encourage peers to make positive health choices.

Common Core State Standards Correlation

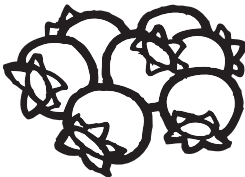



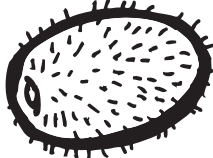

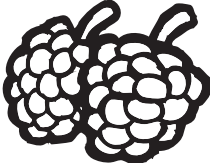





Each lesson or activity in *Healthy Habits for Healthy Kids (K)* meets one or more of the following Common Core State Standards © Copyright 2010. National Governors Association Center for Best Practices and Council of Chief State School Officers. All rights reserved. For more information about these standards, go to <http://www.corestandards.org/> or <http://www.teachercreated.com/standards/> for activities related to each standard.

Reading Informational Text
Key Ideas and Details
ELA.RI.K.1 With prompting and support, ask and answer questions about key details in a text.
ELA.RI.K.2 With prompting and support, identify the main topic and retell key details of a text.
Craft and Structure
ELA.RI.K.4 With prompting and support, ask and answer questions about unknown words in a text.
Writing
Text Types and Purposes
ELA.W.K.1 Use a combination of drawing, dictating, and writing to compose opinion pieces in which they tell a reader the topic or the name of the book they are writing about and state an opinion or preference about the topic or book (e.g., My favorite book is...).
ELA.W.K.2 Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.
Research to Build and Present Knowledge
ELA.W.K. 8 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
Speaking & Listening
Comprehension and Collaboration
ELA.SL.K.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.
ELA.SL.K.2 Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.
Presentation of Knowledge and Ideas
ELA.SL.K.5 Add drawings or other visual displays to descriptions as desired to provide additional detail.
Language
Conventions of Standard English
ELA.L.K.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
ELA.L.K.2 Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.
Vocabulary Acquisition and Use
ELA.L.K.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on kindergarten reading and content.
ELA.L.K.5a Sort common objects into categories (e.g., shapes, foods) to gain a sense of the concepts the categories represent.
ELA.L.K.6 Use words and phrases acquired through conversations, reading and being read to, and responding to texts.



Fruits Checklist 2

Some fruits grow on trees. Others grow on plants, vines, or “runners” on the ground. They are different shapes and sizes. Put an X next to each fruit you have tried. Circle the ones you would like to try.

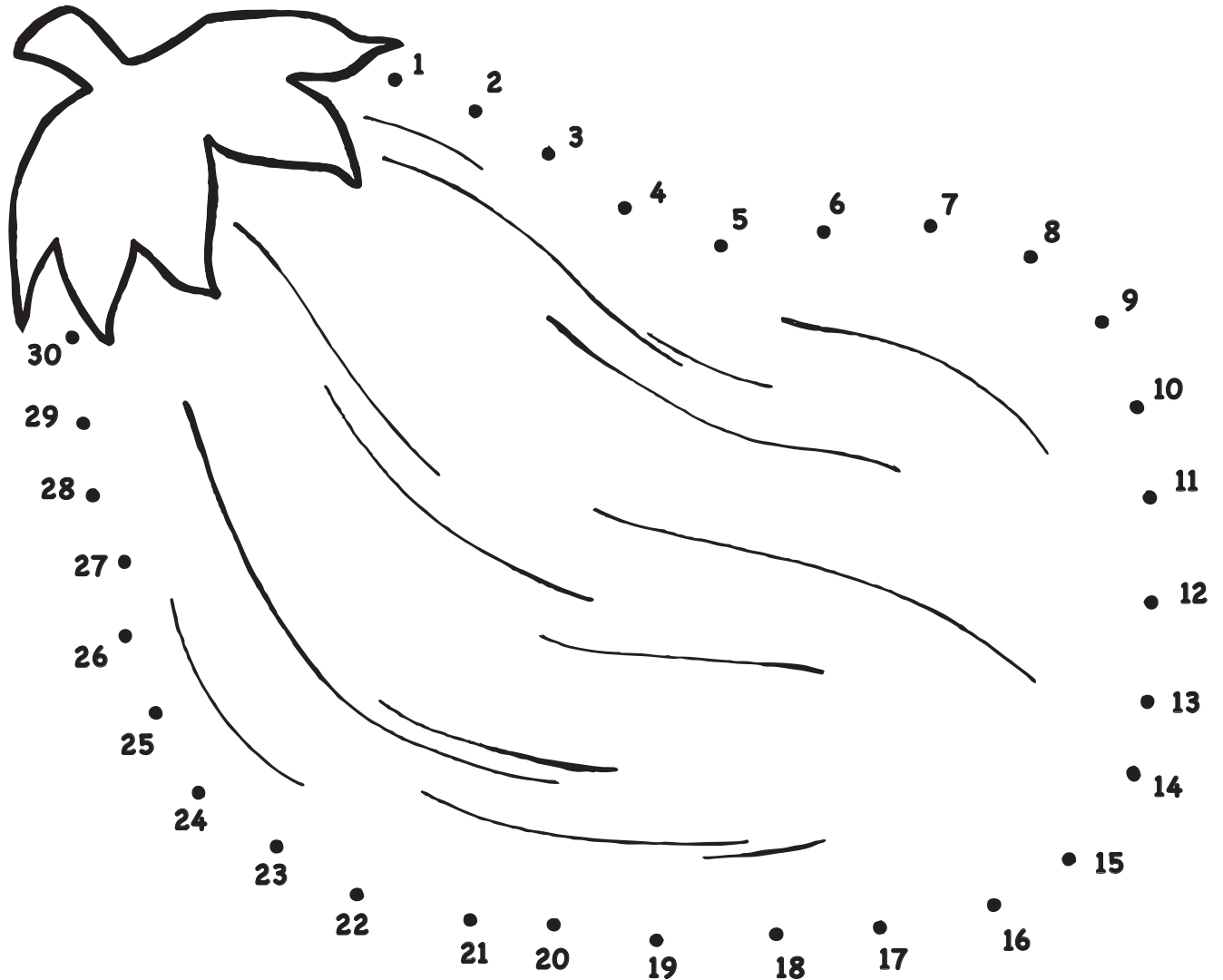
Berries		Tropical Fruits	
<input type="checkbox"/>	 blueberries	<input type="checkbox"/>	 banana
<input type="checkbox"/>	 grapes	<input type="checkbox"/>	 mango
<input type="checkbox"/>	 kiwi fruit	<input type="checkbox"/>	 papaya
<input type="checkbox"/>	 raspberries	<input type="checkbox"/>	 pineapple
<input type="checkbox"/>	 strawberries		
Melons			
<input type="checkbox"/>	 cantaloupe	<input type="checkbox"/>	 honeydew
		<input type="checkbox"/>	 watermelon



A Purple Vegetable

Do you know what it is? This vegetable has the word *egg* as part of its name, but it is not an egg!

1. Connect the dots to discover this vegetable.
2. Color the vegetable purple. Color the leaves of this vegetable green.



3. Trace the name of this vegetable.

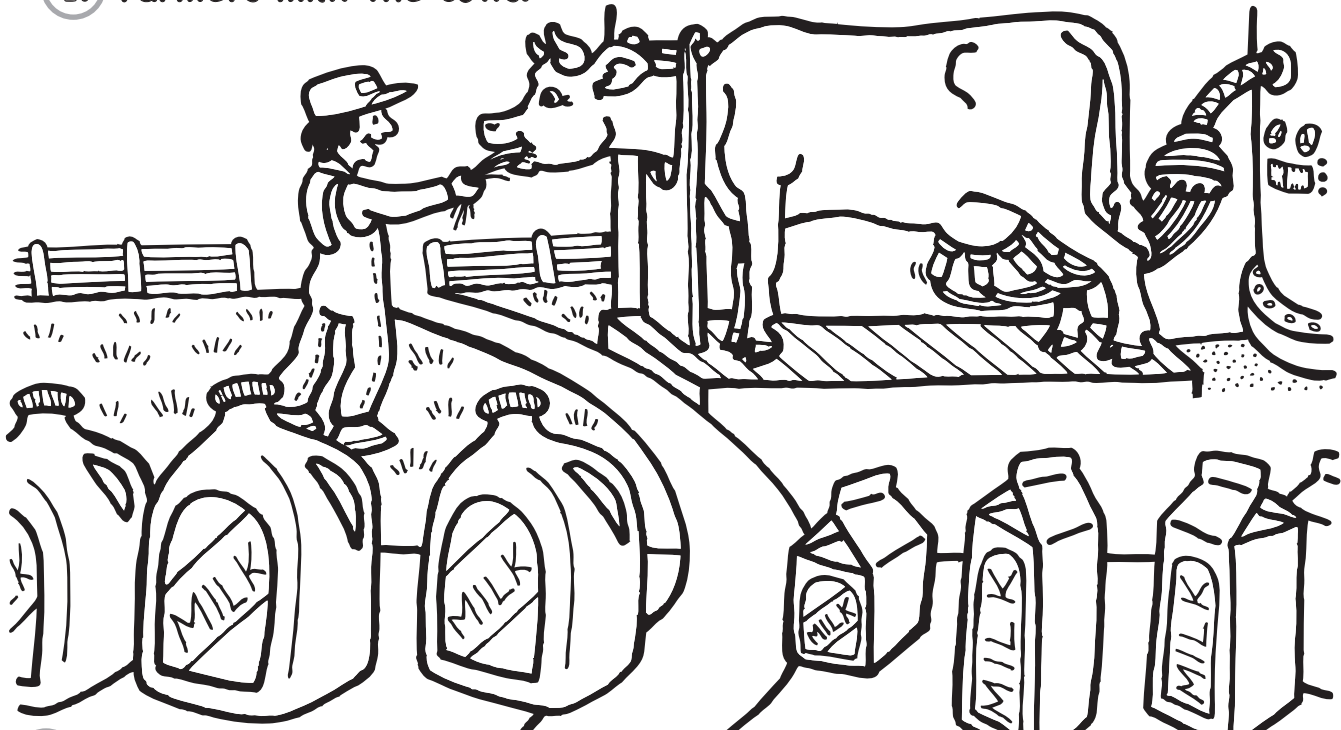
eggplant



Where Does Milk Come From?

Milk comes from cows. How do we get milk? Trace the path and see!

1. Farmers milk the cows.



2. The milk goes in containers.



3. The containers go to the stores.



4. We buy milk at the store.

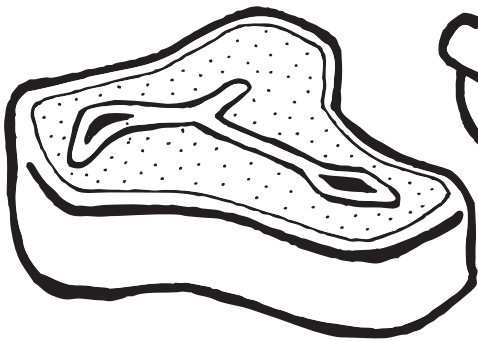


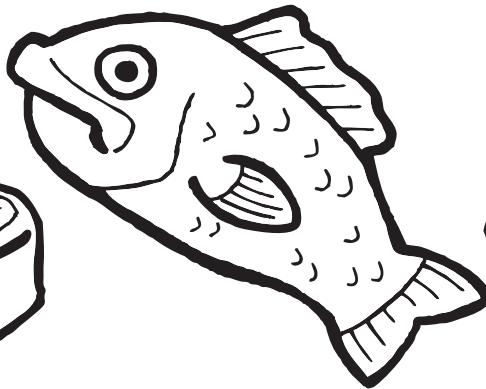


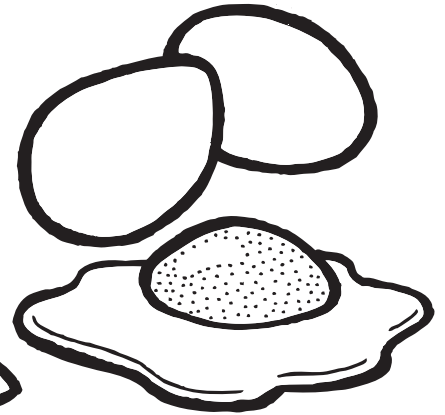
Protein

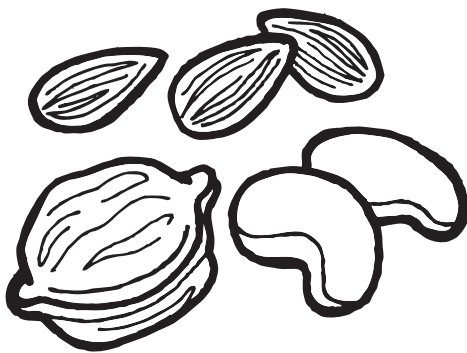
Protein helps keep our muscles strong so that we can move. Protein gives us energy.

Directions: Write the name of each protein food under its picture. Use the Word Bank to help you.













Word Bank

beans

eggs

fish

meat

nuts

seeds

My Favorite Grain Food

My favorite grain food is _____.

It grows _____.

It is _____.

Here is how my favorite grain food grows.

