

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: First Grade
 Section/Heading: 1A.2

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for safety strategies.

Performance Indicators		
<ol style="list-style-type: none"> 1. Observe safe practices for tornado, fire, earthquake, thunderstorms, etc. 2. Can contact “911” and report emergencies accurately. 3. Can respond to smoke or fire emergencies. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: First Grade
 Section/Heading: 1B.1

Strand: Substance Abuse and Use

Diocesan Standard Terra Nova Objective	Benchmark Statement
Substance Abuse and Use	Understand aspects of substance abuse and use.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify feelings such as sadness, happiness, frustration, anger, fear, love, embarrassment, interest and boredom. 2. Demonstrate ways people get along with others. 3. Identify ways of solving problems. 4. Recognize ways to respond to peer pressure. 5. Identify personal gifts and personal abilities. <ol style="list-style-type: none"> a. Demonstrate ways to give and receive compliments and encouragement. 6. Identify types of medicines/drugs, i.e. prescription, over-the-counter, illegal. <ol style="list-style-type: none"> a. Tell rules for taking medicines. b. Know how medicine is stored. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: First Grade
 Section/Heading: 1C.1

Strand: Consumer Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Consumer Health	Know the availability and effective use of health services, products and information.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify health professionals and the services they provide. <ol style="list-style-type: none"> a. Recognize when to access the services. 2. Identify the impact of advertising and other influences on the use of health care products. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: First Grade
 Section/Heading: 1D.1

Strand: Health and Disease Prevention

Diocesan Standard Terra Nova Objective	Benchmark Statement
Health and Disease Prevention	Know how to maintain and promote personal health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Recognize simple definitions of the terms health, disease, illness, symptoms, medicine, prescription, diagnosis and prevention. 2. Identify the purpose of required immunizations. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: First Grade
 Section/Heading: 1E.1

Strand: Environment and Community

Diocesan Standard Terra Nova Objective	Benchmark Statement
Environment and Community	Understand environmental and external factors that affect individual and community health.

Performance Indicators		
1. Identify personal health measures that individuals can take to limit pollution.		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: First Grade
 Section/Heading: 1F.1

Strand: Mental Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Mental Health	Know how to maintain mental and emotional health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify and describe the positive and negative effects of stress on the body and give specific ways to prevent and copy with stress. 2. Discuss ways to handle emotional trauma in a variety of family situations (divorce, death, alcoholism, violence, success, failure). 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: First Grade
 Section/Heading: 1G.1

Strand: Nutrition

Diocesan Standard Terra Nova Objective	Benchmark Statement
Nutrition	Understand essential concepts about nutrition and diet.

Performance Indicators		
<ol style="list-style-type: none"> 1. Recognize that food spoilage is a health problem and cite ways to prevent and/or control food spoilage. 2. Identify the signs of food spoilage. 3. Recognize the economic, as well as health consequences, of good choices. 		
Suggested Activities	Assessment	Resources