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## Health Education: Pre Kindergarten

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The content in the DoDEA health education standards is organized into seven strands. The six standards in the first strand, Health Literacy Skills (HESK), address skills that are for personal, family and community health enhancement. These standards teach essential and transferable skills that foster health efficacy. The skills also are applicable as learning tools for the other six content strands. The standards in the Health Literacy Skills strand are consistent throughout all grade levels and matched at each grade level with content standards in the other strands as important similarities are identified. The standards in the remaining content strands, Personal and Community Health (HE1); Safety and Injury Prevention (HE2); Nutrition and Physical Activity (HE3); Mental Health (HE4); Alcohol, Tobacco, and Other Drugs (HE5); Family Life and Human Sexuality HE6) progressively change through the grade levels.

Strand:

### **HESK Health Literacy Skills:**

Essential Understanding:   **PKHESK** Demonstrating health literacy skills leads to personal family and community health.

The student will:

Standards:

**PKHESK1:** access valid health information;  
**PKHESK2:** practice health-enhancing behavior;  
**PKHESK3:** analyze influences on health;  
**PKHESK4:** use interpersonal communications skills to enhance health;  
**PKHESK5:** use goal setting and decision making skills to enhance health; and  
**PKHESK6:** advocate for health.

Strand:

### **HE1 Personal and Community Health:**

Essential Understanding:   **PKHE1** Practicing personal hygiene, health habits, and health promotion leads to lifelong wellness.

The student will:

Standards:

**PKHE1a:** recognize age-appropriate disease prevention behaviors, examples are:  
    ▪ covering mouth,  
    ▪ using tissues, and  
    ▪ washing and drying hands;  
**PKHE1b:** describe healthful resting and sleeping habits.

Strand:

### **HE2 Safety and Injury Prevention**

Essential Understanding:   **PKHE2** Following safe practices prevents injury, sudden illness, child abuse and child neglect.

The student will:

Standards:

**PKHE2a:** tell the difference between emergency and non-emergency situations; and  
**PKHE2b:** identify safety rules and practices used in home and school.

Strand:

**HE3 Nutrition and Physical Activity**

Essential Understanding: **PKHE3** Healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases.

The student will:

Standards: **PKHE3a:** describe appropriate food choices for snacks; and  
**PKHE3b:** explore a variety of physical activities.

Strand:

**HE4 Mental Health**

Essential Understanding: **PKHE4** Mental health is essential to general well-being.

The student will:

Standards: **PKHE4a:** explore ways to express needs, wants, and feelings; and  
**PKHE4b:** explore ways to communicate care, consideration, and respect of self and others.

Strand:

**HE5 Alcohol, Tobacco, and Other Drugs**

Essential Understanding: **PKHE5** Drug use can be helpful or harmful. Misuse has consequences that may require intervention and treatment.

The student will:

Standards: **PKHE5a:** recognize danger labels on products;  
**PKHE5b:** explain why medicines are used; and  
**PKHE5c:** recognize school rules for taking medicines.

Strand:

**HE6 Family Life and Human Sexuality**

Essential Understanding: **PKHE6** Developmental changes prepare one for adult roles in the family and society.

The student will:

Standards: **PKHE6a:** identify family members and responsibilities within family units;  
**PKHE6b:** describe relationships that exist within the family; and  
**PKHE6c:** describe physical changes in self, examples are:  
▪ teeth, and  
▪ height.