

North Carolina Essential Standards Health Education- Grades K – 2

Note on Numbering: **MEH**-Mental and Emotional Health, **PCH**-Personal and Consumer Health, **ICR**-Interpersonal Communications and Relationships, **NPA**-Nutrition and Physical Activity, **ATOD**-Alcohol, Tobacco, and Other Drugs

MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives	
K.MEH.1	Remember the association of healthy expression of emotions, mental health, and healthy behavior.	K.MEH.1.1	Recognize feelings and ways of expressing them.
		K.MEH.1.2	Recall stressors and stress responses.
		K.MEH.1.3	Illustrate personal responsibility for actions and possessions.

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives	
K.PCH.1	Apply measures for cleanliness and disease prevention.	K.PCH.1.1	Use steps of correct hand washing at appropriate times throughout the day.
		K.PCH.1.2	Illustrate proper tooth brushing techniques.
		K.PCH.1.3	Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).

	Essential Standard	Clarifying Objectives	
K.PCH.2	Understand necessary steps to prevent and respond to unintentional injury.	K.PCH.2.1	Recognize the meanings of traffic signs and signals.
		K.PCH.2.2	Explain the benefits of wearing seat belts and bicycle helmets.
		K.PCH.2.3	Illustrate how to get help in an emergency.
		K.PCH.2.4	Identify appropriate responses to warning signs, sounds, and labels.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives	
K.ICR.1	Understand healthy and effective interpersonal communication and relationships.	K.ICR.1.1	Explain reasons for sharing.
		K.ICR.1.2	Compare people in terms of what they have in common and how they are unique.
		K.ICR.1.3	Summarize protective behaviors to use when approached by strangers.
		K.ICR.1.4	Recognize bullying, teasing, and aggressive behaviors and how to respond.

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives	
K.NPA.1	Understand MyPlate as a tool for selecting nutritious foods.	K.NPA.1.1	Classify foods by groups in MyPlate.
		K.NPA.1.2	Recall foods and beverages beneficial to teeth and bones.
		K.NPA.1.3	Recall activities for fitness and recreation during out of school hours.
K.NPA.2	Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	K.NPA.2.1	Recognize nutrient-dense foods in a list of foods that are culturally diverse.
		K.NPA.2.2	Summarize the importance of a healthy breakfast and lunch.

ALCOHOL, TOBACCO, AND OTHER DRUGS

	Essential Standard	Clarifying Objectives	
K.ATOD.1	Understand how to use household products and medicines safely.	K.ATOD.1.1	Explain what is likely to happen if harmful household products are ingested or inhaled.
		K.ATOD.1.2	Classify things found around the house as medicinal drugs or other (e.g. candy).
		K.ATOD.1.3	Identify adults and professionals who can be trusted to provide safety information about household products and medicines.
		K.ATOD.1.4	Use appropriate strategies to access help when needed in emergencies involving household products and medicines.

MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives	
1.MEH.1	Understand the relationships among healthy expression of emotions, mental health, and healthy behavior.	1.MEH.1.1	Use effective communication to express and cope with emotions.
		1.MEH.1.2	Use methods of positive coping with disappointment and failure.
		1.MEH.1.3	Classify stressors as eustress or distress.

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives	
1.PCH.1	Apply measures for cleanliness and disease prevention.	1.PCH.1.1	Recognize that germs produce illness and can be spread from one person to another .
		1.PCH.1.2	Use measures for preventing the spread of germs.
1.PCH.2	Understand wellness, disease prevention, and recognition of symptoms.	1.PCH.2.1	Illustrate symptoms of sickness and measures for getting well.
		1.PCH.2.2	Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems.

	Essential Standard	Clarifying Objectives	
1.PCH.3	Understand necessary steps to prevent and respond to unintentional injury.	1.PCH.3.1	Identify safety hazards in the home and injury prevention strategies.
		1.PCH.3.2	Identify items that can cause burns, strategies to prevent fire and burn injury.
		1.PCH.3.3	Execute the Stop, Drop, and Roll response.
		1.PCH.3.4	Execute an emergency phone call.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives	
1.ICR.1	Understand healthy and effective interpersonal communication and relationships.	1.ICR.1.1	Explain the importance of demonstrating respect for the personal space and boundaries of others.
		1.ICR.1.2	Explain the value of having a diversity of students in the classroom.
		1.ICR.1.3	Contrast tattling with reporting aggression, bullying, and violent behavior
		1.ICR.1.4	Contrast appropriate and inappropriate touch.
		1.ICR.1.5	Illustrate how to seek adult assistance for inappropriate touch.

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives	
1.NPA.1	Understand MyPlate as a tool for selecting nutritious foods.	1.NPA.1.1	Select a variety of foods based on MyPlate.
		1.NPA.1.2	Contrast more nutrient dense foods from those that are less nutrient dense.
1.NPA.2	Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	1.NPA.2.1	Classify the sources of a variety of foods.
		1.NPA.2.2	Select healthy alternatives to foods and beverages that are high in sugar.
1.NPA.3	Remember fitness concepts to enhance quality of life.	1.NPA.3.1	Recognize the benefits of physical activity.
		1.NPA.3.2	Recall fitness and recreation activities that can be used during out of school hours.

ALCOHOL, TOBACCO, AND OTHER DRUGS

	Essential Standard	Clarifying Objectives	
1.ATOD.1	Understand how to use household products and medicines safely.	1.ATOD.1.1	Recognize the harmful effects of medicine when used incorrectly.
		1.ATOD.1.2	Recognize how to behave safely with medicines and household cleaners.
		1.ATOD.1.3	Classify products as harmful or safe.
		1.ATOD.1.4	Summarize strategies for reporting harmful substances.

MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives	
2.MEH.1	Understand the relationship among healthy expression of emotions, mental health, and healthy behavior.	2.MEH.1.1	Identify appropriate standards for behavior.
		2.MEH.1.2	Summarize behaviors that help to avoid risks.
		2.MEH.1.3	Explain the influence of peers, the media, and the family on feelings and emotions.
		2.MEH.1.4	Explain the influence on self-concept on performance and vice versa.
		2.MEH.1.5	Summarize the potential negative effects of stress on the body and mind.

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives	
2.PCH.1	Apply measures for cleanliness and disease prevention.	2.PCH.1.1	Recall the benefits of good dental health.
		2.PCH.1.2	Execute the proper techniques for brushing teeth.
2.PCH.2	Understand wellness, disease prevention, and recognition of symptoms.	2.PCH.2.1	Summarize reasons and strategies for preventing contact with body fluids.
		2.PCH.2.2	Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives	
2.ICR.1	Understand healthy and effective interpersonal communication and relationships.	2.ICR.1.1	Classify behaviors as helpful or hurtful to friendships.
		2.ICR.1.2	Interpret the feelings of others and how to respond when angry or sad.
		2.ICR.1.3	Explain why it is wrong to tease others.
		2.ICR.1.4	Recognize bullying behaviors and what to do if someone is bullied.
		2.ICR.1.5	Exemplify how to communicate with others with kindness and respect.

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives	
2.NPA.1	Understand MyPlate as a tool for selecting nutritious foods.	2.NPA.1.1	Recognize the interrelationship of parts of MyPlate.
		2.NPA.1.2	Plan meals that are chosen for energy and health.
		2.NPA.1.3	Classify activities in terms of their appropriateness for a healthy lifestyle.
2.NPA.2	Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	2.NPA.2.1	Summarize motivations for eating food, including hunger vs. satiety.
		2.NPA.2.2	Explain the importance of a healthy breakfast and lunch.

	Essential Standard	Clarifying Objectives	
2.NPA.3	Remember nutrition and fitness concepts to enhance quality of life.	2.NPA.3.1	Contrast a physically active and inactive lifestyle.
		2.NPA.3.2	Plan family physical activities that are fun and contribute to fitness.

ALCOHOL, TOBACCO, AND OTHER DRUGS

	Essential Standard	Clarifying Objectives	
2.ATOD.1	Understand how to use household products and medicines safely.	2.ATOD.1.1	Classify uses of medicine or drugs as appropriate and inappropriate.
		2.ATOD.1.2	Summarize the health risks associated with inappropriate medicine and drug use.
		2.ATOD.1.3	Use goal-setting strategies to prevent the misuse of medicines or household products.