

Take A Look !!!



Aligned to Newly Adopted California Health Education Content Standards

Scope and Sequence: *Building a Healthy Me*

| CALIFORNIA EDUCATION STANDARDS (KINDERGARTEN) | | Lesson 1: Piecing the Pyramid | Lesson 2: All Foods Fit | Lesson 3: Off to a Good Start | Lesson 4: Professor Clue...in search of combination food | Lesson 5: Kinder Cooks | Lesson 6: Smart Shoppers |
|---|--|-------------------------------------|-------------------------------|-------------------------------------|---|------------------------------|-----------------------------|
| HEALTH EDUCATION CONTENT STANDARDS FOR CALIFORNIA PUBLIC SCHOOLS | | | | | | | |
| Nutrition and Physical Activity | | | | | | | |
| Standard 1: Essential Concepts | K.1.N.1 Name a variety of healthy foods and explain why they are necessary for good health. | • | • | • | • | • | • |
| | K.1.N.2 Identify a variety of healthy snacks. | | • | | | | |
| | K.1.N.3 Describe the benefits of being physically active | • | | • | | | |
| | K.1.N.4 Recognize the importance of a healthy breakfast | | | • | | | |
| Standard 2: Analyzing Influences | K.2.N.5 Recognize that not all products advertised or sold are good for them | | | | | | • |
| Standard 5: Decision Making | K.5.N.7 Describe ways to participate regularly in active play and enjoyable physical activity. | • | | | | | |
| Standard 7: Practicing Health- Enhancing Behaviors | K.7.N.8 Select nutritious snacks | | • | | | • | |
| | K.7.N.9 Plan a nutritious breakfast | | | • | | | |
| | K.7.N.10 Choose healthy foods in a variety of settings | | • | • | • | • | • |
| Mental, Emotional, and Social Health | | | | | | | |
| Standard 2: Analyzing Influences | K.2.M.6 Identify ways family and friends help promote well-being | • | | | | | • |