

Kids Making Better Choices

Correlation to Alabama Course of Study Objectives for Health

Grade K:

- #6 Name healthy family, school and community activities.
- #12 Identify practices that promote health and prevent the spread of infections, illnesses, and diseases.

Grade 1:

- #6 Recognize activities and behaviors that encourage healthy family living.
- #7 Identify ways personal health choices are influenced by peers, media, family and the community.
- #8 Define a personal health goal.

Grade 2:

- #6 Identify influences of families and schools on healthy behavior.
- #7 Identify activities that encourage healthy behavior.
- #8 Demonstrate progress toward a personal health goal.

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Grade 3:

- #6 Name ways of practicing health-enhancing behaviors within the family.
- #9 Identify the nutrients in specific foods.
- #10 Apply information from food labels to healthy eating practices.

Grade 4:

#8 Describe beneficial effects of sleep, nutrition, and exercise on the systems of the human body.

#11 Explain the relationship between proper nutrition and good health.

Grade 5:

#6 Identify adolescent risk behaviors that are the most common causes of injury or premature death.

#7 Evaluate the impact of regular physical activity on health.

#10 Identify the percentage of fat, protein, and carbohydrates needed in daily caloric intake.

Grade 6:

#7 Describe current issues that relate to healthy living.

#11 Distinguish between healthy and unhealthy dietary patterns.

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