



Recommended Kindergarten and P1/Grade 1 Curriculum Framework

| Content: Health Education – Kindergarten and P1/Grade 1 | | | | | | |
|---|---|--|---|---|---|--|
| Topic: Nutrition (Weeks 15-18) | | | | | | |
| Content (What do your students need to KNOW?) | Demonstrators (What do your students need to be able to DO?) | Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?) | Activities (HOW will you teach it?) | Resources (What MATERIALS will you need?) | Differentiation (How will you reach the DIVERSITY of learners?) | Literacy Connection (How will you use READING and WRITING with this material?) |
| <p>PL-E-1.3.1 The major body systems (e.g., circulatory, respiratory, digestive) are affected by diet, exercise, and rest.</p> <p>PL-E-1.4.1 Nutritious foods play a role in the growth of healthy bodies.</p> <p>PL-E-1.4.2 The food guide pyramid has an organizational structure that recommends the number of servings at each level.</p> <p>PL-E-1.4.3 Nutritious snack choices (e.g., fruits, vegetables, dairy products) are preferable to snack foods (e.g., sugar-coated cereals, soft drinks, candy) for health and well-being.</p> | <p>Personal Wellness AE 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Investigate nutritional practices which enhance health. Develop awareness of interrelatedness of body functions and the impact of lifestyles choices on body systems. <p>POS-HE-P-21 Students will identify basic food groups.</p> <p>POS-HE-P-22 Students will identify foods in basic food groups.</p> <p>POS-HE-P-23 Students will classify foods according to identified food groups.</p> | | | | | |



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