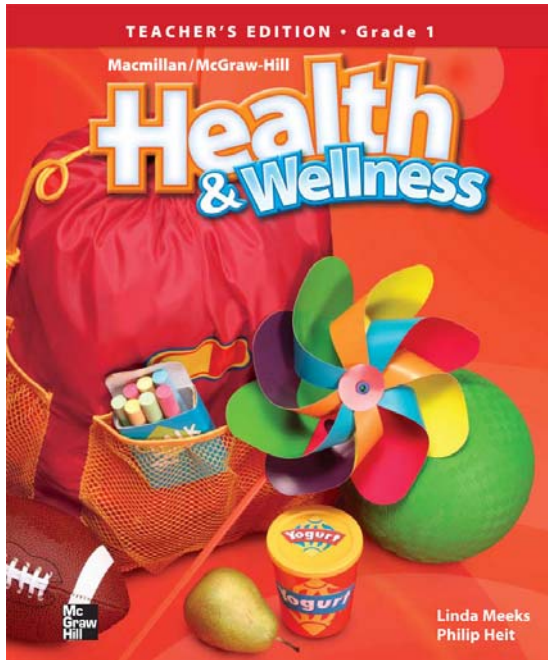




Macmillan/McGraw-Hill

Content Standards
Grade 1 Health



Health & Wellness

GRADE 1

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STANDARDS	PAGE REFERENCES
Standard 1: Healthy Lifestyles	
Goal 1.1: Acquire the essential skills to lead a healthy life.	
1.H.1.1.1 Identify the difference between exercise and stretching. (778.01.a)	Student Edition: <i>Health Big Ideas Book</i> 24-25 <i>Reader: Staying Clean and Fit</i> 12-13 <i>Reader: Your Growing Body</i> 8-9 Teacher's Edition: T32; AC 57; DR 107; TAI 108-109
1.H.1.1.2 Tell how germs are spread and describe how the body fights diseases. (778.01.b)	Student Edition: <i>Reader: Healthful Foods</i> 14-15 <i>Reader: Stay Well</i> 2-3, 4-5, 6-7, 8-9, 10-11, 14-15 Teacher's Edition: 194; BR 178, 180, 182, 186; DR 85, 179, 181, 183, 187

STANDARDS	PAGE REFERENCES
1.H.1.1.3 Identify safety procedures. (778.01.c)	<p>Student Edition: <i>Health Big Ideas Book</i> 26-27, 28-29, 30-31 <i>Reader: Stay Safe</i> 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27</p> <p>Teacher’s Edition: 113, 154; BR 116, 126, 128, 132, 134, 138, 140; CL 115; DR 117, 119, 123, 127, 129, 133, 135, 137, 139, 141, 145, 147; TAI 120-121, 130-131; IBI 114</p>
1.H.1.1.4 Explain a variety of emotions and understand that they can be managed successfully. (778.01.d)	<p>Student Edition: <i>Life Skills Book</i> 6-7 <i>Reader: Health and You</i> 10-11, 12-13 <i>Reader: Your Family, Your Friends, and You</i> 14-15</p> <p>Teacher’s Edition: 42; AC 27; BR 14, 16; DR 15, 17, 19, 39</p>
1.H.1.1.5 Differentiate between over-the-counter and prescription drugs. (778.01.e)	<p>Student Edition: <i>Health Big Ideas Book</i> 34-35 <i>Reader: Medicines and Drugs</i> 2-3</p> <p>Teacher’s Edition: 155; AC 161; DR 159, 161; IR 157</p>
1.H.1.1.6 Explain how the use of known and unknown substances can be hazardous. (778.01.f)	<p>Student Edition: <i>Reader: Medicines and Drugs</i> 5, 6-7, 8-9</p> <p>Teacher’s Edition: 155, 174, 209; BR 164, 168; DR 59, 161, 163, 165, 167, 169, 171</p>
1.H.1.1.7 Recognize a nutritional diet is necessary to maintain a healthy body. (778.01.g)	<p>Student Edition: <i>Health Big Ideas Book</i> 16-17, 18-19 <i>Reader: Healthful Foods</i> 2-3, 4-5, 6-7, 8-9, 10-11</p> <p>Teacher’s Edition: 88; AC 83; BR 74, 78; DR 71, 73, 75, 79, 81; IBI 68; TAI 76-77, 87</p>
1.H.1.1.8 Describe how a person can take care of different body parts. (778.01.h)	<p>Student Edition: <i>Health Big Ideas Book</i> 4-5 <i>Reader: Health and You</i> 2-3 <i>Reader: Staying Clean and Fit</i> 10-11, 12-13 <i>Reader: Your Growing Body</i> 8-9, 10-11, 14-15</p> <p>Teacher’s Edition: 66; AC 57, 59, 61; CL 91; DR 5, 55, 59, 61, 63, 99, 103</p>

STANDARDS	PAGE REFERENCES
1.H.1.1.9 Describe each person's contribution to the family. (778.01.i)	Student Edition: <i>Reader: Your Family, Your Friends, and You</i> 6-7 Teacher's Edition: BR 30; DR 31
1.H.1.1.10 Identify the use of health products. (778.01.j)	Student Edition: <i>Health Big Ideas Book</i> 40-41 <i>Life Skills Book</i> 10-11 <i>Reader: Be Health Wise</i> 6-7, 8 <i>Reader: Medicines and Drugs</i> 4-5 Teacher's Edition: 112, 155, 208; AC 159; DR 203; TAI 204-205
1.H.1.1.11 Describe pollution. (778.01.k)	Student Edition: <i>Reader: A Clean Earth</i> 2-3, 4-5 Teacher's Edition: 220; DR 213, 215
Standard 2: Risk Taking Behavior	
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
1.H.2.1.1 Recognize that germs cause disease. (779.01.a)	Student Edition: <i>Reader: Healthful Foods</i> 14-15 <i>Reader: Stay Well</i> 2-3 Teacher's Edition: 194; BR 178; DR 85, 179
1.H.2.1.2 Explain the necessity for rules for acceptable and unacceptable behavior. (779.01.b)	Student Edition: <i>Health Big Ideas Book</i> 28-29 <i>Reader: Medicines and Drugs</i> 12-13 <i>Reader: Stay Safe</i> 2-3, 6-7, 10-11, 12-13, 18-19 <i>Reader: Your Family, Your Friends, and You</i> 4-5 Teacher's Edition: 154; AC 117, 139; BR 116, 122, 126, 128; DR 29, 117, 123, 127, 129; TAI 120-121, 124-125
1.H.2.1.3 Determine how to make a responsible choice. (779.01.c)	Student Edition: <i>Life Skills Book</i> 8-9, 20-21 <i>Reader: Health and You</i> 6-7, 8-9 <i>Reader: Your Family, Your Friends, and You</i> 12-13 Teacher's Edition: 42; AC 37, 135; BR 10, 36; DR 11, 13, 37, 169; TAI 65, 207

STANDARDS	PAGE REFERENCES
1.H.2.1.4 Discuss risky behaviors. (779.01.d)	<p>Student Edition: <i>Health Big Ideas Book</i> 32-33 <i>Life Skills Book</i> 14-15 <i>Reader: Medicines and Drugs</i> 6-7, 8-9 <i>Reader: Stay Safe</i> 4-5, 6-7, 8-9, 16-17, 26-27</p> <p>Teacher’s Edition: 154; BR 146, 168; CL 157; DR 119, 127, 133, 137, 147, 163, 165; TAI 130-131, 153</p>
Standard 3: Communication Skills for Healthy Relationships	
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	
1.H.3.1.1 Share positive ways to express feelings. (780.01.a)	<p>Student Edition: <i>Life Skills Book</i> 6-7 <i>Reader: Health and You</i> 10-11, 12-13 <i>Reader: Your Family, Your Friends, and You</i> 14-15</p> <p>Teacher’s Edition: 42; AC 27; BR 14, 16; DR 15, 17, 19, 39</p>
1.H.3.1.2 Identify refusal and decision-making skills. (780.01.b)	<p>Student Edition: <i>Life Skills Book</i> 14-15 <i>Reader: Health and You</i> 8-9 <i>Reader: Medicines and Drugs</i> 7 <i>Reader: Stay Safe</i> 22-23, 25, 27, 32</p> <p>Teacher’s Edition: 42, 155; AC 143, 145, 161; BR 12; DR 13, 39, 161; TAI 153</p>
1.H.3.1.3 Demonstrate communication skills. (780.01.c)	<p>Student Edition: <i>Life Skills Book</i> 6-7, 14-15, 22-23 <i>Reader: Health and You</i> 12-13 <i>Reader: Your Family, Your Friends, and You</i> 8-9, 14-15</p> <p>Teacher’s Edition: 42; BR 16; DR 17, 33, 39; TAI 219</p>

STANDARDS	PAGE REFERENCES
Standard 4: Consumer Health	
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	
1.H.4.1.1 Identify examples of health products. (781.01.a)	Student Edition: <i>Health Big Ideas Book</i> 40-41 <i>Life Skills Book</i> 10-11 <i>Reader: Be Health Wise</i> 6-7, 8 <i>Reader: Medicines and Drugs</i> 4-5 Teacher’s Edition: 112, 155, 208; AC 159; DR 203; TAI 204-205
1.H.4.1.2 Identify labels on health products. (781.01.b)	Student Edition: <i>Reader: Healthful Foods</i> 10-11 <i>Reader: Medicines and Drugs</i> 5 Teacher’s Edition: 67, 155; BR 80; DR 81
1.H.4.1.3 Recognize roles of health workers in the school and community. (781.01.c)	Student Edition: <i>Health Big Ideas Book</i> 22-23, 36-37, 38-39 <i>Reader: Be Health Wise</i> 2-3 <i>Reader: Medicines and Drugs</i> 14-15 <i>Reader: Staying Clean and Fit</i> 6-7, 8-9 Teacher’s Edition: 112, 195, 208; BR 96, CL 91, 157, 197; DR 97, 99, 185, 199; IR 91
Standard 5: Mental and Emotional Wellness	
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	
1.H.5.1.1 Demonstrate feelings. (782.01.a)	Student Edition: <i>Life Skills Book</i> 6-7 <i>Reader: Health and You</i> 10-11, 12-13 <i>Reader: Your Family, Your Friends, and You</i> 14-15 Teacher’s Edition: 42; AC 27; BR 14, 16; DR 15, 17, 19, 39
1.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (782.01.b)	Student Edition: <i>Reader: Your Growing Body</i> 4-5 Teacher’s Edition: BR 48; DR 49

STANDARDS	PAGE REFERENCES
<p>1.H.5.1.3 Describe physical activities one enjoys. (782.01.c)</p>	<p>Student Edition: <i>Reader: Staying Clean and Fit</i> 14-15, 16</p> <p>Teacher's Edition: AC 57, 109; BR 106, 110; DR 107, 111; IR 91; LSA 112</p>
<p>1.H.5.1.4 Recognize trusted adults who can provide assistance. (782.01.d)</p>	<p>Student Edition: <i>Reader: Be Health Wise</i> 5 <i>Reader: Medicines and Drugs</i> 5, 11, 14-15, 16 <i>Reader: Stay Safe</i> 20-21, 22-23, 24-25, 28-29</p> <p>Teacher's Edition: 154, 208; AC 13; BR 140, 142; DR 141, 143, 145, 149, 171, 199, 201</p>