

**Elementary School Health Education
Course: Health Grade 1**

Nutrition and Fitness Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Food and the Senses	<ul style="list-style-type: none"> Demonstrate the relationship between food and the senses
2	Food and Health Day 1	<ul style="list-style-type: none"> Define physical fitness
3	Food and Health Day 2	<ul style="list-style-type: none"> Describe how food keeps the body healthy
4	Nutrition and Physical Activity Guidelines	<ul style="list-style-type: none"> Recognize that foods are categorized into groups: My Plate
5	Decision Making	<ul style="list-style-type: none"> Recognize that foods are categorized into groups: Serving Sizes

Personal and Consumer Health Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Personal Health Maintenance	<ul style="list-style-type: none"> Describe ways to promote dental health

Tobacco, Alcohol, and Other Drugs Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Medicine	<ul style="list-style-type: none"> Identify appropriate uses of medicines
2	Tobacco Day 1	<ul style="list-style-type: none"> Identify how tobacco products harm health
3	Tobacco Day 2	<ul style="list-style-type: none"> Identify how tobacco use harms health
4	Alcohol	<ul style="list-style-type: none"> Identify the physical effects of using alcohol

Safety & Injury Prevention Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Harassment	<ul style="list-style-type: none"> Tell the difference between telling and tattling

As of 1/2023, there are four units in grade 1 health education. Grade 1 health education curriculum is currently under HCPS review for alignment to MSDE Comprehensive Health Education Framework.