

# Elementary Health Education Topics

## Grades K - 4



- Germs (1-3) and HIV/AIDS (4)
  - ❖ Hand washing
  - ❖ Good Hygiene
  - ❖ Germ prevention
  - ❖ Different types of germs
  - ❖ What does HIV/AIDS stand for



- Safety
  - ❖ Bicycle safety
  - ❖ Stranger safety
  - ❖ Street Safety
  - ❖ Car safety
  - ❖ Buddy System



- Substance Abuse
  - ❖ Tobacco
  - ❖ Alcohol
  - ❖ Medicine



- Emotional Health
  - ❖ Different types of feelings
  - ❖ Expressing emotions in healthy ways

- Nutrition
  - ❖ MyPlate
  - ❖ Food groups
  - ❖ Healthy food vs. Junk food
  - ❖ Portion size
  - ❖ How to read nutrition labels



- Fitness
  - ❖ Importance of exercise
  - ❖ Types of exercise
  - ❖ Effect exercise has on the body



- Family
  - ❖ Different types of families
- Friendship & Bullying
  - ❖ Qualities friends have
  - ❖ Types of bullying
  - ❖ How to be an upstanders
  - ❖ Strategies to deal with bullies



- Puberty (4<sup>th</sup> Grade)
  - ❖ Power Point presentation for boys and girls describing puberty and the changes that occur during this time