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 (4th Grade)
  ❖ Power Point presentation for boys and girls describing puberty and the changes that occur during this time