

Clark County School District
Grades K-5 Curriculum Objectives Related to Nutrition & Exercise
Compiled March 2004

Exhibit F

Nevada K-12 Health Content Standards Related to Nutrition & Exercise	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
1.0 Students will comprehend concepts related to health promotion/disease prevention.	HEALTHPE CEF (K) 1.1 describe the importance of exercise for health and fitness HEALTHPE CEF (K) 1.3 name reasons why teeth are needed HEALTHPE CEF (K) 1.5 describe the importance of choosing healthy snacks HEALTHPE CEF (K) 3.1 state reasons for needing food HEALTHPE CEF (K) 3.3 name and describe a variety of foods HEALTHPE CEF (K) 3.4 name the benefits of eating a variety of foods HEALTHPE CEF (K) 7.1 identify and describe the roles of health professionals (e.g., doctor, nurse, and dentist)	HEALTHPE CEF (1) 1.1 explain the benefits of physical fitness and the importance of adequate sleep HEALTHPE CEF (1) 1.2 describe proper hygiene methods to care for eyes, ears, skin, and hair and their importance to health and fitness HEALTHPE CEF (1) 1.3 describe how brushing teeth is important for health HEALTHPE CEF (1) 6.2 state the importance of regular check-ups and following the advice of health professionals	HEALTHPE CEF (2) 1.1 identify personal health practices that promote physical, mental, and social health (sleep, diet, fitness, and personal hygiene) HEALTHPE CEF (2) 2.1 identify basic anatomy HEALTHPE CEF (2) 2.2 describe the importance of good posture HEALTHPE CEF (2) 3.1 explain that healthy eating promotes growth and well-being	HEALTHPE CEF (3) 1.1 identify indicators of mental, emotional, social, and physical health during childhood HEALTHPE CEF (3) 2.1 describe the basic structure and function of human body systems HEALTHPE CEF (3) 3.1 identify essential components of a balanced diet and recognize their importance to growth and good health HEALTHPE CEF (3) 4.1 explain that drugs can affect the way people make decisions and perform tasks (e.g., psychological and physical) HEALTHPE CEF (3) 7.1 explain that appropriate health care can prevent premature death and disability	HEALTHPE CEF (4) 1.1 describe the components of physical fitness and benefits to personal health HEALTHPE CEF (4) 2.1 identify the function of the musculoskeletal system and the effects of exercise on the system HEALTHPE CEF (4) 4.4 give examples of positive alternatives to substance abuse	HEALTHPE CEF (5) 1.1 explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death HEALTHPE CEF (5) 2.2 identify the functions of the cardiovascular and respiratory systems (e.g., heart, lungs, arteries, veins, and blood) and the effects of exercise on the systems HEALTHPE CEF (5) 2.4 identify the function and inter-relationship of cells, tissues, major organs, and body systems HEALTHPE CEF (5) 3.1 identify the key nutrients and the relationship of a balanced diet and these nutrients to health HEALTHPE CEF (5) 3.2 describe the need for including fiber in the diet and limiting salt, sugar, and fat intakes HEALTHPE CEF (5) 4.4 identify the general effects of drugs on various body systems
2.0 Students will demonstrate the ability to access valid health information and health promoting products and services.	HEALTHPE CEF (K) 1.4 describe how to properly care for teeth HEALTHPE CEF (K) 3.2 identify foods that contribute to a healthy meal HEALTHPE CEF (K) 3.5 list various sources of food (e.g., animals and plants)	HEALTHPE CEF (1) 3.2 categorize foods into various groups (e.g., fruits/vegetables, solids/liquid, breakfast/lunch/dinner)	HEALTHPE CEF (2) 3.2 identify the five basic food groups in the food pyramid and plan a healthy meal HEALTHPE CEF (2) 3.3 give examples of two or more foods in each group of the food pyramid HEALTHPE CEF (2) 7.2 identify positive and negative behaviors with need for health care	HEALTHPE CEF (3) 6.2 understand the consequences of positive and negative health behaviors (e.g., exercise, nutrition, relaxation, and sleep) HEALTHPE CEF (3) 7.2 identify health care workers	HEALTHPE CEF (4) 3.1 plan healthy meals and snacks using the food pyramid HEALTHPE CEF (4) 3.2 use basic nutritional information found on food labels for making food choices	HEALTHPE CEF (5) 6.2 identify community sources that provide preventive health care (e.g., organizations, locations, and services)
3.0 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	HEALTHPE CEF (K) 1.2 identify healthy decisions when engaging in recreational activities	HEALTHPE CEF (1) 3.1 identify examples of healthy snacks that promote growth and well-being HEALTHPE CEF (1) 3.3 describe the importance of eating a healthy breakfast	HEALTHPE CEF (2) 3.2 identify the five basic food groups in the food pyramid and plan a healthy meal	HEALTHPE CEF (3) 3.2 classify personal daily intake using the food pyramid as a guide HEALTHPE CEF (3) 4.2 practice refusal skills when confronted with unhealthy situations including alcohol, tobacco, and other drugs	HEALTHPE CEF (4) 5.2 describe safety precautions and traffic safety rules (e.g., pedestrians, skates, scooters, roller blades, ATVs, bicycles, and skateboards) HEALTHPE CEF (4) 5.4 describe causes of accidents and sports injuries and how to avoid them HEALTHPE CEF (4) 5.5 describe appropriate safety equipment, rules, and behavior for sports/recreational activities	

EXHIBIT F Obesity Document consists of 2 pages

☒ Entire document provided.

☐ Due to size limitations, pages through provided.

A copy of the complete document is available through the Research Library (775-684-6827 or e-mail library@kcsd.state.nv.us)

Meeting Date 3-22-04

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4.0 Students will analyze the influence of culture, media, technology, and other factors on health.				HEALTHPE CEF (3) 7.4 explain that media influences decisions on health products and services	HEALTHPE CEF (4) 7.3 describe various persuasive techniques used in advertising which influence food choices	HEALTHPE CEF (5) 7.4 analyze how stated and implied messages from media influence health behaviors (e.g., persuasive advertising techniques)
6.0 Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.			HEALTHPE CEF (2) 1.6 identify the decision-making process	HEALTHPE CEF (3) 1.6 apply a decision-making process to resolve class-identified health issues and problems HEALTHPE CEF (3) 1.7 set an individual health goal and record progress HEALTHPE CEF (3) 6.4 explain the consequences of individual health care decisions HEALTHPE CEF (3) 7.5 identify the importance of asking for assistance in making health-related decisions and in setting health goals	HEALTHPE CEF (4) 1.6 set an individual health goal and identify steps necessary to achieve it HEALTHPE CEF (4) 6.2 describe how decisions regarding health behaviors can prevent disease and promote fitness	HEALTHPE CEF (5) 1.5 demonstrate a collaborative decision-making process to resolve health issues and problems that includes an examination of alternatives and consequences (5) 1.6 set an individual health goal and identify the steps necessary to achieve it HEALTHPE CEF (5) 6.5 predict how decisions regarding health behaviors have consequences for self and others HEALTHPE CEF (5) 7.5 explain when to ask for assistance in making health-related decisions and setting health goals
7.0 Students will demonstrate the ability to advocate for personal, family, and community health.			HEALTHPE CEF (2) 7.4 identify positive health choices		HEALTHPE CEF (4) 7.1 identify variety of school and community health care programs and services HEALTHPE CEF (4) 7.4 describe methods to help others make healthy choices	HEALTHPE CEF (5) 7.6 demonstrate the ability to work independently when promoting health for self and others HEALTHPE CEF (5) 7.7 encourage others to make healthy choices