

Preschool Learning

Health

Health Habits

1.0 Basic Hygiene

2.0 Oral Health

3.0 Knowledge of Wellness 3.1 Identify a few internal body parts (most commonly the bones, brain, and heart) but may not understand their basic function. 3.2 Begin to understand that health-care providers try to keep people well and help them when they are not well. 3.3 Communicate to an adult about not feeling well, feeling uncomfortable, or about a special health need, with varying specificity and reliability.

4.0 Sun Safety *At around 48 months of age* 4.1 Begin to practice sun-safe actions, with adult support and guidance.

1.0 Nutrition Knowledge *At around 48 months of age* 1.1 Identify different kinds of foods.

2.0 Nutrition Choices 2.1 Demonstrate a beginning understanding that eating a variety of food helps the body grow and be healthy, and choose from a variety of foods at mealtimes. 2.2 Indicate food preferences that reflect familial and cultural practices.

3.0 Self-Regulation of Eating 3.1 Indicate awareness of own hunger and fullness.

At around 60 months of age 1.1 Identify a larger variety of foods and may know some of the related food groups.

2.1 Demonstrate greater understanding that eating a variety of food helps the body grow and be healthy, and choose from a greater variety of foods at mealtimes. 2.2 Indicate food preferences based on familial and cultural practices and on some knowledge of healthy choices.

3.1 Indicate greater awareness of own hunger and fullness.