
NORTHWEST TERRITORIES

School Health Program

GRADE ONE



Northwest
Territories Education, Culture and Employment
Health and Social Services

August, 1995

MENTAL AND EMOTIONAL WELL BEING

GRADE 1

LESSON NO.	THEME	CONCEPT	OBJECTIVES
INTRO.		Everyone can maintain and improve personal health at school	Students will be able to: i) identify positive practices that maintain and improve health at school ii) demonstrate practices that maintain and improve health at school
1	SELF-AWARENESS	Everyone has physical characteristics	i) describe some physical characteristics
2	SELF-AWARENESS	Everyone has different abilities	i) identify things they can do well
3	SELF-AWARENESS	Everyone has different likes and dislikes	i) identify some of their likes and dislikes ii) identify that people have different likes and dislikes
4	RELATIONSHIPS	Working and playing together help build relationships	i) identify ways people work and play together ii) describe the importance of working and playing together
5	RELATIONSHIPS	Helping others helps build relationships	i) identify ways people help each other ii) describe the importance of helping
6	RELATIONSHIPS	Sharing helps build relationships	i) identify things people share with each other ii) describe the importance of sharing

GROWTH & DEVELOPMENT

GRADE 1

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
REVIEW	BODY SYSTEMS	Sensory organs help people learn about the environment and are important for health	i) name and locate the sensory organs of the body ii) explain what the sensory organs do
1	BODY SYSTEMS	The sense of touch helps people learn about the environment and is important for health	i) locate the body parts most sensitive to touch ii) describe the importance of touch iii) identify positive health habits related to the sense of touch
2	BODY SYSTEMS	The sense of taste helps people learn about the environment and is important for health	i) locate the body parts responsible for taste ii) describe the importance of taste iii) identify positive health habits related to the sense of taste
3	BODY SYSTEMS	The sense of smell helps people learn about the environment and is important for health	i) locate the body parts responsible for smell ii) describe the importance of smell iii) identify positive health habits related to the sense of smell
4	DISEASE PREVENTION	The body has ways of showing sickness	i) identify common signs of sickness

GROWTH & DEVELOPMENT

GRADE 1

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
5	DISEASE PREVENTION	Diseases are spread in many ways	i) state that germs may cause disease ii) identify ways that diseases spread
6	DISEASE PREVENTION	The spread of diseases can be prevented	i) identify ways to prevent the spread of disease

NUTRITION

GRADE 1

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FOOD IDENTIFICATION	Plants provide people with a variety of food	i) give examples of foods that come from plants
2	FOOD IDENTIFICATION	Animals provide people with a variety of food	i) give examples of foods that come from animals
3	FOOD IDENTIFICATION	Foods are classified into four food groups	i) name the four food groups ii) identify a variety of foods that belong to each food group
4	FOOD IDENTIFICATION	Foods are classified into four food groups	i) match each food group to its colour code ii) identify foods that do not belong to any food group
5	FOOD SELECTION	A variety of foods from each food group is needed daily	i) give examples of nutritious foods from each food group ii) give examples of nutritious snacks iii) explain why it is important to eat a variety of foods from each food group daily
6	FOOD SELECTION	A variety of foods from each food group is needed daily	i) describe a healthy way to start the day ii) select nutritious foods to start the day
7	FOOD APPRECIATION	A willingness to select familiar and unfamiliar foods promotes food appreciation	i) prepare nutritious foods to start the day ii) demonstrate a willingness to taste nutritious food to start the day iii) state the importance of nutritious food to start the day

DENTAL HEALTH

GRADE 1

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	STRUCTURE AND FUNCTION	People develop two sets of teeth in their lifetime	i) identify primary and permanent teeth
2	STRUCTURE AND FUNCTION	Teeth have many functions	i) describe the functions of the teeth
3	ORAL HYGIENE	Regular use of oral hygiene skills promotes dental health	i) demonstrate effective toothbrushing skills ii) practise effective toothbrushing skills iii) explain the importance of caring properly for the teeth'
4	FACTORS AFFECTING DENTAL HEALTH	The food which people eat affects their dental health	i) give examples of dentally safe and dentally unsafe food
5	FACTORS AFFECTING DENTAL HEALTH	Positive behaviours near hazards can prevent dental injuries	i) identify dentally safe and dentally unsafe behaviours near hazards
6	DENTAL DISEASE	Many factors contribute to dental disease	i) explain that a tooth can decay ii) identify factors that contribute to tooth decay iii) identify preventive behaviours related to tooth decay
7	DENTAL SERVICES AND PRODUCTS	Dental health workers are important in dental health care	i) identify local dental health workers

FAMILY LIFE

GRADE 1

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FAMILIES	Each family has different members	i) identify family members with whom they live
2	FAMILIES	Each family has different members	i) identify extended family members
3	FAMILIES	There are similarities and differences in family structures	i) identify similarities and differences in family structures ii) identify male/female members of families
4	HUMAN DEVELOPMENT AND REPRODUCTION	The body has many parts	i) name the external body parts that differ between boys and girls
5	ABUSE PREVENTION	Touch produces different feelings	i) identify the feelings associated with touch ii) state rules to follow in various situations
6	ABUSE PREVENTION	Personal safety behaviours may require family and community support	i) identify family and community support people

SAFETY AND FIRST AID

GRADE 1

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	PERSONAL SAFETY	Personal safety involves following safety rules and knowing personal identity facts and community helpers	i) state personal safety rules ii) state personal identity facts iii) identify community safety helpers
2	PERSONAL SAFETY	Personal safety involves knowing emergency telephone numbers and how to place an emergency telephone call	i) identify emergency symbols and telephone numbers in the telephone book ii) demonstrate how to place a simulated phone call to a community helper
3	ACCIDENT PREVENTION	Injuries from burns, scalds and falls can be prevented by following safety rules	i) name common injuries to children ii) identify safety rules to prevent burns and scalds iii) identify safety rules to prevent falls
4	FIRST AID	Minor injuries can be correctly treated by children	i) demonstrate first aid for minor cuts and scrapes

ALCOHOL AND OTHER DRUGS

GRADE 1

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	SAFETY	A poison is anything which is unsafe to taste, eat or drink	i) identify some poisonous substances ii) identify the poison warning sign iii) explain that not all poisons have poison warning signs
2	SAFETY	Some substances are unsafe to smell	i) explain that some smells may make people sick ii) identify substances which are OK/not OK to smell
3	SAFETY	Children should ask an adult they trust before tasting any unknown substance	i) explain that not all poisons have a poison warning sign ii) explain why they should ask an adult they trust before tasting any unknown substance
4	DRUGS	Medicine may be helpful, but may also be harmful	i) explain that medicine may help a person who is ill ii) explain why they should ask an adult they trust before taking any medicine iii) identify safe methods of storing medicine
5	SAFETY	Medicine may be helpful, but may also be harmful	i) explain that candy and pills often look alike ii) explain that medicine may be harmful if not used safely iii) explain why they should ask an adult they trust before tasting any unknown substance
6	SAFETY	Children should ask an adult they trust before tasting any unknown substance	i) explain why some substances cannot be identified by sight or smell ii) explain why they should ask an adult they trust before tasting any unknown substance