

Teaching Unit: ***Just Say No***

Sub Topic:

Essential Understandings

Knowledge and Skills

It is important to learn how to say no when something might hurt you or get you in trouble.

Use the say NO skills in different situations

Practice making good choices

Teaching Unit: ***Community Health Helpers***

Essential Understandings

There are many people within our school and community who can help us to stay safe and healthy.

Sub Topic:

Knowledge and Skills

Describe the jobs performed by specific health helpers.

Identify when you would need different health helpers.

Teaching Unit: *Nutrition*

Essential Understandings

In order to stay healthy people should know how to choose appropriate foods.

Sub Topic:

Knowledge and Skills

Give examples of healthy snacks and why the snacks are healthy.

Give examples of different foods from each of the various food groups.
