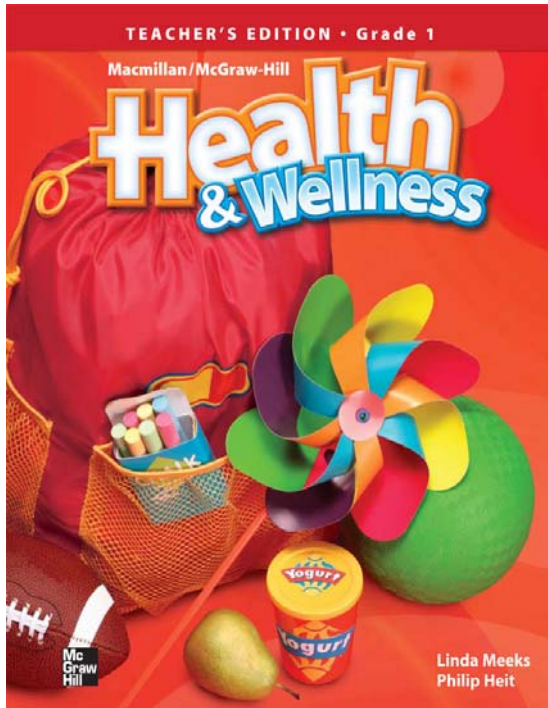




Macmillan/McGraw-Hill

Course of Study
Health Education
First Grade



GRADE 1

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**CORRELATION TO ALABAMA
COURSE OF STUDY**

STANDARDS	PAGE REFERENCES
Consumer and Community Health	
<p>1. Recognize health-enhancing activities that promote clean schools, homes, and communities. Example: participating in school-wide cleanup, Auntie Litter, and People Against a Littered State (PALS) projects</p>	<p>Student Edition: <i>Health Big Ideas Book</i> 26-27, 28-29, 30-31 <i>Reader: Stay Safe</i> 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19, 20-21, 22-23, 24-25, 26-27 Teacher's Edition: 154; BR 126, 128, 132, 134, 138, 140; DR 117, 119, 123, 127, 129, 133, 135, 137, 139, 141, 145, 147; TAI 120-121, 130-131</p>
<p>2. Recognize safety instructions on consumer products.</p>	<p>Student Edition: <i>Reader: Medicines and Drugs</i> 5 Teacher's Edition: DR 161, 203</p>
<p>3. Name technology resources used to access reliable health information. Examples: telephone, Internet, television, digital video diskette (DVD)</p>	<p>Student Edition: <i>Reader: Be Health Wise</i> 4-5 <i>Reader: Stay Safe</i> 4-5 Teacher's Edition: AC 119; DR 119, 201; LR 208; R 2, 24, 44, 68, 90, 114, 156, 176, 196, 210</p>

STANDARDS	PAGE REFERENCES
4. Identify roles and responsibilities of health care professionals within the community.	Student Edition: <i>Health Big Ideas Book</i> 22-23, 36-37, 38-39 <i>Reader: Be Health Wise</i> 2-3 <i>Reader: Medicines and Drugs</i> 14-15 <i>Reader: Staying Clean and Fit</i> 6-7, 8-9 Teacher's Edition: 112, 195, 208; BR 96; CL 91, 157, 197; DR 97, 99, 185, 199; IR 91
Environmental Health	
5. Describe ways to save energy, water, and other resources.	Student Edition: <i>Health Big Ideas Book</i> 42-43 <i>Reader: A Clean Earth</i> 2-3, 6-7, 8 Teacher's Edition: CA 209; DR 213, 217
Family Health	
6. Recognize activities that encourage healthy family living. Examples: family meal time, family outings	Student Edition: <i>Reader: Your Family, Your Friends, and You</i> 4-5, 6-7 Teacher's Edition: DR 29, 31; LR 22, 42
Personal Health and Safety	
7. Differentiate between safe and unsafe touch.	Student Edition: <i>Reader: Stay Safe</i> 2-3, 24-25 Teacher's Edition: BR 144; DR 145
8. Demonstrate ways to summon help in an emergency. Examples: dialing 911, contacting trusted and helpful adults	Student Edition: <i>Reader: Stay Safe</i> 20-21, 22-23, 28-29, 30-31 Teacher's Edition: CA 113; BR 140, 150; DR 141, 143, 149, 151; LR 154
Mental and Emotional Health	
9. Identify positive ways to cope with emotions. Examples: talking to a parent, taking time-out away from others, seeking help from teachers or administrators	Student Edition: <i>Reader: Health and You</i> 10-11, 12-13, 14-15 <i>Reader: Your Family, Your Friends, and You</i> 14-15 Teacher's Edition: AC 27; BR 16; DR 17, 19, 39; LR 22, 42

STANDARDS	PAGE REFERENCES
<p>10. Identify decision-making skills that enhance health.</p> <p>Example: saying no to medication unless prescribed by a doctor or given by a designated adult</p>	<p>Student Edition: <i>Life Skills Book</i> 14-15 <i>Reader: Health and You</i> 8-9 <i>Reader: Medicines and Drugs</i> 7 <i>Reader: Stay Safe</i> 22-23, 25, 27, 32</p> <p>Teacher's Edition: 42, 155; AC 143, 145, 161; BR 12; DR 13, 39, 161; TAI 153</p>
Nutrition	
<p>11. Identify foods in the six groups on My Pyramid.</p>	<p>Student Edition: <i>Health Big Ideas Book</i> 18-19 <i>Reader: Healthful Foods</i> 2-3, 6-7, 8-9, 10-11</p> <p>Teacher's Edition: BR 74; DR 71, 75, 79, 81; LR 88; TAI 76-77</p>
<p>12. Recognize foods and beverages that are healthy choices.</p> <p>Examples: foods—vegetables, fruits, whole grains beverages—water, 100 percent fruit and vegetable juices, low-fat milk</p>	<p>Student Edition: <i>Health Big Ideas Book</i> 16-17, 18-19 <i>Life Skills Book</i> 10-11 <i>Reader: Healthful Foods</i> 2-3, 4-5, 8-9, 10-11</p> <p>Teacher's Edition: AC 83; BR 78, 80; DR 71, 73, 75, 79, 81; IBI 68; LR 88; TAI 76-77, 87</p>
Prevention and Control of Disease	
<p>13. Identify ways in which germs enter the body.</p>	<p>Student Edition: <i>Reader: Healthful Foods</i> 14-15 <i>Reader: Stay Well</i> 2-3, 4-5, 6-7, 8-9, 10-11, 14-15</p> <p>Teacher's Edition: 194; BR 178, 180, 182, 186; DR 85, 179, 181, 183, 187</p>
Substance Use and Abuse	
<p>14. Describe how the avoidance of harmful substances may enhance personal health and individual well-being.</p> <p>Example: avoiding tobacco and second-hand smoke to promote healthy lungs</p>	<p>Student Edition: <i>Reader: Medicines and Drugs</i> 5, 6-7, 8-9, 12-13</p> <p>Teacher's Edition: BR 162, 164, 168, 170; DR 59, 163, 165, 167, 169, 171; LR 174</p>

STANDARDS	PAGE REFERENCES
<p>15. Identify refusal skills needed to avoid harmful substances. Examples: saying no, walking away</p>	<p>Student Edition: <i>Life Skills Book</i> 14-15 <i>Reader: Health and You</i> 8-9 <i>Reader: Medicines and Drugs</i> 7, 12-13 <i>Reader: Stay Safe</i> 25, 27, 32</p> <p>Teacher's Edition: AC 143, 145, 169; BR 12; CA 155; DR 13, 145, 147; TAI 153</p>