

**WESTBROOK SCHOOL DEPARTMENT**  
**Health Education - Essential Outcomes for Grades K-5**  
*What Students Need to Know and Be Able to Do*

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**(Kindergarten)**

**(Grade 1)**

**(Grade 2)**

**(Grade 3)**

- Give examples that show how individual body systems can influence one another
- Describe how healthy food choices promote the health of human body systems
- Describe the relationship between healthy practice and personal health
- Identify safety and injury prevention strategies in the area of bike, fire, water, car, and bus safety

**(Grade 4)**

- Describe the importance of eating healthy and keeping physically active in maintaining a healthy body and mind
- Identify behavior that promotes the health of the body systems
- Identify healthy snacks from a variety of food choices and identifies foods to avoid
- Identify positive strategies to resolve conflicts

**(Grade 5)**

- Identifies foods which promote energy and a healthy weight
- Identifies changes that the body undergoes during puberty
- Describes the effects of tobacco, alcohol, and illegal drugs on personal health