

Standard Code	Standards
EL1-HL.HPD.01.00.0	Describe the need for dental and medical checkups
EL1-HL.HPD.02.00.0	Explain what germs are and how they can make us sick
EL1-HL.HPD.03.00.0	Explain the importance of eating healthy food, getting exercise, and adequate sleep
EL1-HL.HLB.01.00.0	Explain your understanding of the food groups in relation to proper nutrition & portion size (MyPlate)
EL1-HL.HLB.02.00.0	Explain the proper use of safety equipment for various activities (e.g., bike helmet, sports equipment, etc.)
EL1-HL.HLB.03.00.0	Explain the importance of safety rules on the playground, at home, and in/around water.
EL1-HL.GSD.01.00.0	Demonstrate how goal setting can make a difference in our health and fitness
EL1-HL.HIS.01.00.0	Identify responsible adults to contact for different problems
EL1-HL.CMT.01.00.0	Explain the importance of getting at least 60 minutes of exercise each day in a world of increasing technology
EL1-HL.CMT.02.00.0	Identify safety rules for being around strangers and using the internet