



**North Carolina Essential Standards  
Health Education- Grades K – 2**

Note on Numbering: **MEH**-Mental and Emotional Health, **PCH**-Personal and Consumer Health, **ICR**-Interpersonal Communications and Relationships, **NPA**-Nutrition and Physical Activity, **ATOD**-Alcohol, Tobacco, and Other Drugs

**MENTAL AND EMOTIONAL HEALTH**

Essential Standard		Clarifying Objectives	
K.MEH.1	Remember the association of healthy expression of emotions, mental health, and healthy behavior.	K.MEH.1.1	Recognize feelings and ways of expressing them.
		K.MEH.1.2	Recall stressors and stress responses.
		K.MEH.1.3	Illustrate personal responsibility for actions and possessions.

**PERSONAL AND CONSUMER HEALTH**

Essential Standard		Clarifying Objectives	
K.PCH.1	Apply measures for cleanliness and disease prevention.	K.PCH.1.1	Use steps of correct hand washing at appropriate times throughout the day.
		K.PCH.1.2	Illustrate proper tooth brushing techniques.
		K.PCH.1.3	Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).

	<b>Essential Standard</b>	<b>Clarifying Objectives</b>	
K.PCH.2	Understand necessary steps to prevent and respond to unintentional injury.	K.PCH.2.1	Recognize the meanings of traffic signs and signals.
		K.PCH.2.2	Explain the benefits of wearing seat belts and bicycle helmets.
		K.PCH.2.3	Illustrate how to get help in an emergency.
		K.PCH.2.4	Identify appropriate responses to warning signs, sounds, and labels.

**INTERPERSONAL COMMUNICATION AND RELATIONSHIPS**

	<b>Essential Standard</b>	<b>Clarifying Objectives</b>	
K.ICR.1	Understand healthy and effective interpersonal communication and relationships.	K.ICR.1.1	Explain reasons for sharing.
		K.ICR.1.2	Compare people in terms of what they have in common and how they are unique.
		K.ICR.1.3	Summarize protective behaviors to use when approached by strangers.
		K.ICR.1.4	Recognize bullying, teasing, and aggressive behaviors and how to respond.

**NUTRITION AND PHYSICAL ACTIVITY**

	<b>Essential Standard</b>	<b>Clarifying Objectives</b>	
K.NPA.1	Understand MyPlate as a tool for selecting nutritious foods.	K.NPA.1.1	Classify foods by groups in MyPlate.
		K.NPA.1.2	Recall foods and beverages beneficial to teeth and bones.
		K.NPA.1.3	Recall activities for fitness and recreation during out of school hours.
K.NPA.2	Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	K.NPA.2.1	Recognize nutrient-dense foods in a list of foods that are culturally diverse.
		K.NPA.2.2	Summarize the importance of a healthy breakfast and lunch.

**ALCOHOL, TOBACCO, AND OTHER DRUGS**

	<b>Essential Standard</b>	<b>Clarifying Objectives</b>	
K.ATOD.1	Understand how to use household products and medicines safely.	K.ATOD.1.1	Explain what is likely to happen if harmful household products are ingested or inhaled.
		K.ATOD.1.2	Classify things found around the house as medicinal drugs or other (e.g. candy).
		K.ATOD.1.3	Identify adults and professionals who can be trusted to provide safety information about household products and medicines.
		K.ATOD.1.4	Use appropriate strategies to access help when needed in emergencies involving household products and medicines.