

Kansas Health Education Standards for Professor Popcorn

By the end of Grade 4

Standard 1: Health Promotion and Disease Prevention

The Student will comprehend concepts related to health promotion and disease prevention as related to:

(The ten content areas of health are listed in no particular order.)

- (a) nutrition
- (b) prevention and control of disease
- (c) injury prevention and safety
- (d) personal health
- (e) mental and emotional health
- (f) substance use, misuse, abuse, and addiction
- (g) environmental health
- (h) family life and sexuality
- (i) consumer health
- (j) community health

Benchmark 1: The student will demonstrate comprehension basic concepts related to health promotion disease prevention by identifying and describing relationships between well-being and the health-related behaviors in the ten content areas.

Standard 2: Self Management

The student will demonstrate the ability to access valid health information and health-promoting products and services.

Benchmark 1: The student will locate information on products and services and recognize the validity of the information.

Benchmark 1: The student will identify and demonstrate healthy behaviors to reduce health risks.

Standard 6: Goal –Setting and Decision-Making Skills

The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Benchmark 1: The student will identify, describe, and demonstrate goal-setting and decision-making skills to enhance health as related to the ten content areas contained in Standard One.

By the end of Grade 8

Standard 1: Health Promotion and Disease Prevention

The Student will comprehend concepts related to health promotion and disease prevention as related to:

(The ten content areas of health are listed in no particular order.)

- (a) nutrition
- (b) prevention and control of disease
- (c) injury prevention and safety
- (d) personal health
- (e) mental and emotional health
- (f) substance use, misuse, abuse, and addiction
- (g) environmental health
- (h) family life and sexuality
- (i) consumer health
- (j) community health

Benchmark 1: The student will explain the relationship between positive health behaviors and wellness.

Standard 2: Access Health Information, Products, and Services

The student will demonstrate the ability to access valid health information and health – promoting products and services.

Benchmark 1: The student will demonstrate the ability to locate health products, services and information, explore their validity, and compare their costs.

Benchmark 2: The student will describe how media influences the selection of health information and products.

Standard 3: Self-Management

The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Benchmark 1: The student will explain the importance of assuming responsibility for health behaviors.

Benchmark 2: Students recognize strategies to maximize health strengths within their personal health assessment.

Standard 4: Influence of Culture, Media and Technology

The student will analyze the influence of culture, media, technology, and other factors on health.

Benchmark 1: The student will describe the influence of cultural beliefs on health behaviors and the use of health services.