

21st Century Content Standards and Objectives for Health Royale
Grades 1 – 5
(Effective as of July 1, 2008)

Chart reflects 21st Century CSOs along with activities to enrich students' experience in the galleries. Activities may be done pre and/or post-visit.

	Stretchin' the Intestine	Yodeler	X-Ray	Reaction Time	Simon's Body Noises	XO Game Show
1 st Grade Wellness		WE.S.1.02 Describe the effects of healthy and less healthy food on the body.			WE.S.1.03 Discuss ways of keeping germs out of the body (Washing hands, etc.)	WE.S.3.05 Demonstrate healthy ways to act on feelings and stressful situations.
2 nd Grade Wellness		WE.2.4.03 Work with a family member to plan a healthy meal.		WE.2.4.07 Demonstrate appropriate refusal skills.	WE.2.4.06 Practice pro-social communication skills (excuse me, thank you, etc.)	WE.2.1.03 Explain and demonstrate importance of good dental care and hygiene.
3 rd Grade Wellness	WE.3.1.01 Describe the major organs and functions of the body systems (digestion).	WE.3.4.02 Record and compare food choices based on recommended serving sizes.		WE.3.2.01 Construct and display (at home) information needed to place an accurate <i>and</i> efficient call to 911.		WE.3.1.02 Summarize ways to prevent the spread of germs.
4 th Grade Wellness		WE.4.4.05 Plan a balanced meal using proper nutrition guidelines.	WE.4.1.03 Describe major organs of the systems of the human body. Use X-rays to identify these organs.			WE.4.1.01 Identify responsible health behaviors to avoid the spread of contagious diseases.
5 th Grade	HE.5.1.05 Describe the basic	HE.5.1.02 Describe the relationship	HE.2.05 Describe ways in	HE.5.4.04 Incorporate assertive		HE.5.1.01 Identify 5 dimensions

Health	anatomy and function of the digestive system.	between poor nutrition and health risk factors.	which technology (like X-rays) can influence personal health.	strategy methods when asking for help in an emergency.		of total wellness. (e.g. physical, emotional, social, intellectual, spiritual) and typical changes that occur during adolescence.
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