



Health

TEKS Objective	Student Expectations	Health and TEKS
§115.2. Health Edu. (b) (1) (A)	Students are expected to practice important personal health habits and understand how these contribute to maintaining a healthy lifestyle.	Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise and You</u> PixWriter: Retell Lesson and Easy Reader Ch. 3 Lesson: "Clean And Healthy" Easy Reader: <u>I'm Feelin' Good</u> PixWriter: Retell Lesson and Easy Reader Activity: Daily Morning Routine PixWriter: Write About Routine Activity: Washing Hands Practice PixWriter: Washing Sequence
§115.2. Health Edu. (b) (1) (B)	Students are expected to understand the importance of healthy foods and how making healthy diet choices will help their bodies grow.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Activity: Fruit On a Stick Project: Making Healthy Food Choices
§115.2. Health Edu. (b) (1) (C)	Students are expected to understand the health benefits of exercise and types of exercise that are important for maintaining a healthy body.	Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise and You</u> PixWriter: Retell Lesson and Easy Reader Activity: Warm-Up Poem Activity: Simon Says
§115.2. Health Edu. (b) (2) (A)	Students are expected to understand that decisions they make affect their personal health and safety, i.e. bicycle helmet.	Ch. 2 Lesson: "Exercise For a Healthy Body" PixWriter: Retell Lesson
§115.2. Health Edu. (b) (2) (C)	Students are expected to understand how the decisions they make will affects their personal health, i.e. tobacco, drugs.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§115.2. Health Edu. (b) (3) (B)	Students are expected to understand the personal responsibility they have in planning a healthy diet.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Project: Making Healthy Food Choices
§115.2. Health Edu. (b) (5) (A,B)	Students are expected to identify health professionals and understand the importance of talking with their health-care providers.	Ch. 5 Lesson: "Visiting Doctors" Easy Reader: <u>My Checkup With the Doctor</u> Activity: Doctor or Patient Activity: Visiting the Nurse
§115.2. Health Edu. (b) (6) (A,B,C,D)	Students are expected to understand influencing factors that cause illnesses and how to prevent and control the spread of germs. Students are introduced to basic defenses against germs.	Ch. 3 Activity: Glitter Germs PixWriter: Write About Glitter Germs Ch. 4 Lesson: "I Don't Want To Be Sick!" Easy Reader: <u>Staying Healthy</u> PixWriter: Retell Lesson and Easy Reader Activity: Visiting the Nurse Activity: This Is How I Feel





Grade Level: First

Health

TEKS Objective	Student Expectations	Health and TEKS
§115.3. Health Edu. (b) (1) (A)	Students are expected to practice important personal health habits and understand how these contribute to maintaining a healthy lifestyle.	Ch. 1 Lesson: "Good Food" Easy Reader: Healthy Eating Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: Exercise and You PixWriter: Retell Lesson and Easy Reader Ch. 3 Lesson: "Clean And Healthy" Easy Reader: I'm Feelin' Good PixWriter: Retell Lesson and Easy Reader Activity: Washing Hands Practice PixWriter: Washing Sequence
§115.3. Health Edu. (b) (1) (B)	Students are expected to understand the importance of check-ups by health care professionals and what to expect at those check-ups.	Ch. 5 Lesson: "Visiting Doctors" Easy Reader: My Check-up With The Doctor PixWriter: Retell Lesson and Easy Reader Social Stories (Doctor, Dentist, Eye Doctor)
§115.3. Health Edu. (b) (2) (A,B)	Students are expected to understand that decisions they make affect their personal health and safety, i.e. bicycle helmet.	Ch. 2 Lesson: "Exercise For a Healthy Body"
§115.3. Health Edu. (b) (2) (C)	Students are expected to understand how the decisions they make will affects their personal health, i.e. tobacco, drugs.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§115.3. Health Edu. (b) (5) (A)	Students are expected to identify health professionals and understand the importance of talking with their health-care providers.	Ch. 5 Lesson: "Visiting Doctors" Easy Reader: My Checkup With the Doctor PixWriter: Retell Lesson and Easy Reader Project: Smile, Smile, Smile Activity: Visiting the Nurse
§115.3. Health Edu. (b) (5) (B)	Students are expected to use health information to maintain a healthy body, i.e. brushing teeth and washing hands properly.	Ch. 3 Lesson: "Clean and Healthy" Easy Reader: I'm Feelin' Good PixWriter: Retell Lesson and Easy Reader Activity: Daily Morning Routine Activity: Dirty Dan Activfity: Washing Hands Practice PixWriter: Washing Sequence Activity: Acting Out Good Habits
§115.3. Health Edu. (b) (7) (A,B,C)	Students are expected to understand influencing factors that cause illnesses and how to prevent and control the spread of germs. Students are introduced to common illnesses and understand basic defenses against germs.	Ch. 3 Activity: Glitter Germs PixWriter: Write About Glitter Germs Project: Cleanliness Poster Ch. 4 Lesson: "I Don't Want To Be Sick!" Easy Reader: Staying Healthy PixWriter: Retell Lesson and Easy Reader Activity: Visiting the Nurse Activity: This Is How I Feel





Health

Grade Level: Second

TEKS Objective	Student Expectations	Health and TEKS
§115.4. Health Edu. (b) (1) (A)	Students are expected to understand the steps to take when feeling sick.	Ch. 4 Lesson: "I Don't Want To Be Sick!" PixWriter: Retell Lesson Activity: What's Wrong With Me? PixWriter: Three Files for "Wrong" Activity Activity: This Is How I Feel
§115.4. Health Edu. (b) (1) (B)	Students are expected to describe basic health habits and how these affect health, such as brushing teeth, washing hands and exercising.	Ch. 2 Lesson: "Exercise For a Health Body" Easy Reader: <u>Exercise And You</u> Activity: Class Book Ch. 3 Lesson: "Clean and Healthy" Easy Reader: <u>I'm Feelin' Good</u> PixWriter: Retell Lesson and Easy Reader Activity: Dirty Dan Activity: Washing Hands Practice PixWriter: Washing Sequence Activity: Acting Out Good Habits
§115.4. Health Edu. (b) (1) (C,D)	Students are expected to know the food groups and the importance of limiting sweets. Students are expected to understand the importance of eating well-balanced meals and snacks, and to distinguish between healthy and unhealthy food choices.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson & Easy Reader Activity: Fruit On a Stick Activity: Healthy School Lunches Activity: Making Healthy Food Choices Activity: Sorting Cards (Food Groups)
§115.4. Health Edu. (b) (1) (F)	Students are expected to understand the importance of regular checkups by health care professionals.	Ch. 5 Lesson: "Visiting Doctors" Easy Reader: <u>My Check-up With The Doctor</u> PixWriter: Retell Lesson and Easy Reader
§115.4. Health Edu. (b) (1) (G)	Students are expected to understand the importance of certain foods for protection against disease.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> Project: Internet Search (Fruits/Vegetables)
§115.4. Health Edu. (b) (2) (A)	Students are expected to understand personal choices and the negative affects of choosing tobacco, alcohol or drugs.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§115.4. Health Edu. (b) (2) (C)	Students are expected to understand the need for safety equipment, ie bike helmets.	Ch. 2 Lesson: "Exercise For a Health Body"
§115.4. Health Edu. (b) (4) (A,C,D)	Students are expected to understand how germs are spread and how to prevent their spread. Students understand their body's natural protections and the role of good hygiene in preventing the spread of germs.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson Activity: Daily Morning Routine Activity: Where Are Germs? Activity: Glitter Germs Activity: Acting Out Good Habits Ch. 4 Lesson: "I Don't Want To Be Sick!" Experiment: Skin Protection





Health

TEKS Objective	Student Expectations	Health and TEKS
§112.5. Health Edu. (b) (1) (A)	Students are expected to understand the importance of hygiene to a person's health, and how this can affect others.	Ch. 3 Lesson: "Clean and Healthy: PixWriter: Retell Lesson Activity: Daily Morning Routine Activity: Where Are the Germs? Activity: Dirty Dan Activity: Acting Out Good Habits
§112.5. Health Edu. (b) (1) (B)	Students are expected to list different ways to improve their fitness levels.	Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise And You</u> PixWriter: Retell Lesson and Easy Reader Activity: Good Exercises Activity: Exercise For All Seasons
§112.5. Health Edu. (b) (1) (D)	Students are expected to understand the importance of and explain how to eat a balanced diet using the food pyramid.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> Activity: Healthy School Lunches Activity: Making Healthy Food Choices Activity: Sorting Foods
§112.5. Health Edu. (b) (1) (F)	Students are expected to have ideas for creating positive healthy habits, such as committing to good hygiene or exercises every day,	Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise And You</u> PixWriter: Retell Lesson and Easy Reader Project: Exercise Journal PixWriter: Write in Exercise Journal Activity: Good Exercises Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§112.5. Health Edu. (b) (2) (B)	Students are expected to understand the personal choices they make that can reduce or increase health risks throughout their lives, such as smoking or drinking.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§112.5. Health Edu. (b) (2) (E)	Students are expected to understand the personal responsibility they hold for maintaining safe play environments and wearing protective gear.	Ch. 2 Lesson: "Exercise For a Healthy Body"
§112.5. Health Edu. (b) (3) (A,B)	Students are expected to understand habits that maintain healthy lifestyles and prevent the spread of germs. Students understand the body's natural defenses against disease.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson Activity: Where Are Germs? Activity: Glitter Germs Activity: Acting Out Good Habits Ch. 4 Lesson: "I Don't Want To Be Sick!" Experiment: Skin Protection
§112.5. Health Edu. (b) (3) (C)	Students are expected to understand the steps to take when feeling ill.	Ch. 4 Lesson: "I Don't Want To Be Sick!" Activity and PixWriter: What's Wrong With Me? Worksheet: Symptoms Project: Interview the School Nurse





Health

Grade Level: Fourth

TEKS Objective	Student Expectations	Health and TEKS
§115.6. Health Edu. (b) (1) (A)	Students are expected to understand that different nutrients are found in different foods.	Ch. 1 Lesson: "Good Food" PixWriter: Retell Lesson Activity: Healthy School Lunches
§115.6. Health Edu. (b) (1) (C,D)	Students are expected to understand the definition and importance of aerobic exercise, and the benefits of a regular exercise routine.	Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise And You</u> PixWriter: Retell Lesson and Easy Reader Activity: Heart Rate Project: Exercise Journal PixWriter: Write in Exercise Journal Activity: Good Exercises
§115.6. Health Edu. (b) (1) (E)	Students are expected to understand the importance of sleep and how this affects their well-being.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§115.6. Health Edu. (b) (1) (F)	Students are expected to understand how the decisions they make affect their personal health.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Activity: What Kinds of Food Do You Eat? Ch. 2 Lesson: "Exercise For a Healthy Body" Activity: Exercise Journal PixWriter: Write in Exercise Journal Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§115.6. Health Edu. (b) (4) (A)	Students are expected to understand the importance of following directions when taking medicine.	Ch. 4 Lesson: "I Don't Want To Be Sick!" PixWriter: Retell Lesson Project: Interview the School Nurse
§115.6. Health Edu. (b) (4) (C)	Students are expected to understand the negative effects of tobacco, both short- and long-term.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§115.6. Health Edu. (b) (5) (B)	Students are expected to understand the body's natural defenses against germs.	Ch. 4 Lesson: "I Don't Want To Be Sick!" PixWriter: Retell Lesson Project: Skin Protection PixWriter: Write About Apples
§115.6. Health Edu. (b) (5) (C)	Students are expected to understand how diseases and germs are spread through personal hygiene choices.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson Project: Where Are Germs? Project: Glitter Germs Activity: Acting Out Good Habits





Health

Grade Level: Fifth

TEKS Objective	Student Expectations	Health and TEKS
§115.7. Health Edu. (b) (1) (A)	Students are expected to understand that different foods have different nutritional values.	Ch. 1 Lesson: "Good Food" PixWriter: Retell Lesson Activity: Healthy School Lunches
§115.7. Health Edu. (b) (1) (B)	Students are expected to use the food pyramid to guide in healthy eating choices.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Activity: What Foods Do You Eat? Activity: Sorting Foods Activity: Healthy Sundae
§115.7. Health Edu. (b) (1) (F)	Students are expected to create and understand personal goals to maintain a healthy body throughout life.	Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise and You</u> Activity: Exercise Journal PixWriter: Write in Exercise Journal Ch. 4 Project: A Healthier Me
§115.7. Health Edu. (b) (3) (A,B)	Students are expected to understand different ways to receive and use health information.	Ch. 5 Lesson: "Visiting Doctors" Easy Reader: <u>My Check-up With The Doctor</u> PixWriter: Retell Lesson and Easy Reader Activity: Check for Plaque Activity: Visiting the Nurse
§115.7. Health Edu. (b) (4) (A)	Students are expected to recognize the effects of smoking on the body systems.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§115.7. Health Edu. (b) (4) (B)	Students are expected to understand the importance of immunizations in maintaining a healthy body.	Ch. 4 Lesson: "I Don't Want To Be Sick!" PixWriter: Retell Lesson Project: Interview the School Nurse Ch. 5 Lesson: "Visiting Doctors"
§115.7. Health Edu. (b) (4) (E)	Students are expected to understand how to treat and manage common illnesses.	Ch. 4 Lesson: "I Don't Want To Be Sick!" Easy Reader: <u>Staying Healthy</u> PixWriter: Retell Lesson and Easy Reader Project: Interview the School Nurse PixWriter: Write About Interview Activity: What's Wrong With Me? PixWriter: Three word banks for "Wrong w/ Me" Worksheet: Symptoms
§115.7. Health Edu. (b) (5) (A)	Students are expected to understand the importance in following directions when taking medications.	Ch. 4 Lesson: "I Don't Want To Be Sick!"





Health

TEKS Objective	Student Expectations	Health and TEKS
§115.22. Health (b) (1) (A)	Students are expected to understand healthy and unhealthy diets and how these contribute to personal health.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Project: Internet Search (Fruits/Vegetables) Activity: Healthy School Lunches Activity: Making Healthy Food Choices
§115.22. Health (b) (1) (B)	Students are expected to explain the need for a well-balanced diet and regular exercise routine for maintaining a healthy body.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise And You</u> Activity: Exercise Journal PixWriter: Write in Exercise Journal
§115.22. Health (b) (1) (C)	Students are expected to understand the importance of personal hygiene, both short-term and long-term.	Ch. 3 Lesson: "Clean and Healthy" Easy Reader: <u>I'm Feelin' Good</u> PixWriter: Retell Lesson and Easy Reader Activity: Daily Morning Routine
§115.22. Health (b) (1) (G)	Students are expected to understand the importance of regular health-maintenance check-ups.	Ch. 5 Lesson: "Visiting Doctors" Easy Reader: <u>My Check-up With The Doctor</u> PixWriter: Retell Lesson and Easy Reader Social Stories: Doctor, Dentist, Eye Doctor Worksheet: Matching Tools
§115.22. Health (b) (3) (A)	Students are expected to understand how germs and diseases are spread and how to prevent the spread of germs.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson Activity: Washing Hands Practice Activity: Where Are the Germs? Ch. 4 Lesson: "I Don't Want To Be Sick!" Easy Reader: <u>Staying Healthy</u> PixWriter: Retell Lesson and Easy Reader
§115.22. Health (b) (4) (A,B)	Students are expected to understand different means of researching and gaining knowledge pertaining to personal health.	Ch. 1 Activity: Internet Search Ch. 3 Experiment: What Makes Cavities? PixWriter: Write About Cavities Project: Cleanliness Poster
§115.22. Health (b) (5) (C)	Students are expected to understand the negative effects of tobacco on the body.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson
§115.22. Health (b) (6) (B)	Students are expected to identify healthy behaviors, such as choosing healthy snacks and getting enough sleep.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Project: Fruit On a Stick Activity: Healthy Sundae Ch. 2 Lesson: "Exercise For a Healthy Body" Ch. 3 Lesson: "Clean and Healthy"





Health

Grade Level: Seventh and Eighth

TEKS Objective	Student Expectations	Health and TEKS
§115.23. Health (b) (3) (A)	Students are expected to understand the need for regular doctor visits and immunizations for preventing illness.	Ch. 4 Lesson: "I Don't Want To Be Sick!" Easy Reader: <u>Staying Healthy</u> PixWriter: Retell Lesson and Easy Reader Ch. 5 Lesson: "Visiting Doctors" Activity: Visiting the Nurse Activity: Charades Activity: Where Did I Go?
§115.23. Health (b) (3) (B)	Students are expected to understand certain behaviors that can increase or decrease the risk of certain illnesses and diseases.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise And You</u> Activity: Exercise Journal PixWriter: Write in Exercise Journal Ch. 3 Lesson: "Clean and Healthy" Ch. 4 Lesson: "I Don't Want To Be Sick!" Easy Reader: <u>Staying Healthy</u>
§115.23. Health (b) (5) (A)	Students are expected to understand personal decisions that can reduce or increase health problems throughout one's life.	Ch. 1 Lesson: "Good Food" Easy Reader: <u>Healthy Eating</u> PixWriter: Retell Lesson and Easy Reader Ch. 2 Lesson: "Exercise For a Healthy Body" Easy Reader: <u>Exercise And You</u> Activity: Exercise Journal PixWriter: Write in Exercise Journal
§115.23. Health (b) (5) (H)	Students are expected to understand the effects of tobacco on the body.	Ch. 3 Lesson: "Clean and Healthy" PixWriter: Retell Lesson

