

## Health Education Content Standard 5: Decision Making

All students will demonstrate the ability to use decision-making skills to enhance health.

**Rationale:** Managing health behaviors requires critical thinking and problem solving. The ability to use decision-making skills to guide health behaviors fosters a sense of control and promotes the acceptance of personal responsibility.

### First Grade Decision Making Competencies

- Use a decision-making process to select healthy foods.
- Compare and contrast healthy and less-healthy food choices for a variety of settings.
- Identify safe ways to increase physical activity.

Possible English-Language Arts Standards Links	Lesson/Activity Ideas
<p><b>Writing</b>            2.2 Write brief expository descriptions of a real object, person, place, or event, using sensory details.</p> <p><b>Listening and Speaking</b>            1.4 Stay on the topic when speaking.            1.5 Use descriptive words when speaking about people, places, things, and events.</p>	<p>2.2</p> <ul style="list-style-type: none"> <li>• Taste two food items (apple vs apple sauce or apple vs apple pie), decide favorite/ healthiest and why.</li> <li>• How to Make and All About books</li> </ul> <p>1.4 Turn and talk with partner (about above)            Use descriptive words to share and talk about <i>Harvest of the Month</i> food.</p>
Possible Math Standards Links	Lesson/Activity Ideas
<p><b>Statistics, Data Analysis, and Probability</b>            1.1 Sort objects and data by common attributes and describe the categories.            1.2 Represent and compare data (e.g., largest, smallest, most often, least often) by using pictures, bar graphs, tally charts, and picture graphs.</p> <p><b>1.0 Students make decisions about how to set up a problem:</b>            1.1 Determine the approach, materials, and strategies to be used.            1.2 Use tools, such as manipulatives or sketches, to model problems.</p> <p><b>2.0 Students solve problems and justify their reasoning:</b>            2.1 Explain the reasoning used and justify the procedures selected.            2.2 Make precise calculations and check the validity of the results from the context of the problem.</p>	<p>1.1 Graph</p> <ul style="list-style-type: none"> <li>• Favorite apple or apple product</li> <li>• Sort different food groups</li> <li>• Sort healthy/not healthy food pictures</li> <li>• Like or not like Harvest of the Month food</li> </ul> <p>1.0 Serving size/portions</p> <ul style="list-style-type: none"> <li>• 2 boxes of _____. Each box is 2 servings. How many servings would you eat?</li> <li>• Physical activity time: exercise for 15 minutes and 15 more minutes. How much more time would you need to exercise at home to meet the daily recommendation?</li> </ul>