KINDERGARTEN
Communicable Disease Unit
Overview

The goal of health education is for students to acquire the health information and skills necessary to become healthy adults. This includes being able to identify appropriate and inappropriate health behaviors. Students must understand several key concepts: 1) they should first seek health care guidance from their parents; 2) health is influenced by a variety of factors; 3) personal behaviors can increase or reduce health risks throughout that person’s life span; 4) students should recognize and utilize health information and products; 5) personal and interpersonal skills are needed to promote individual, family, and community health. Kindergarten students are taught basic factors that contribute to health literacy. They learn about their bodies and the behaviors necessary to protect them and keep them healthy as well as how to seek help from parents and other trusted adults.