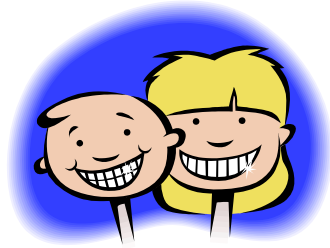


Sunshine State Standards
For
Happy, Healthy Me Unit

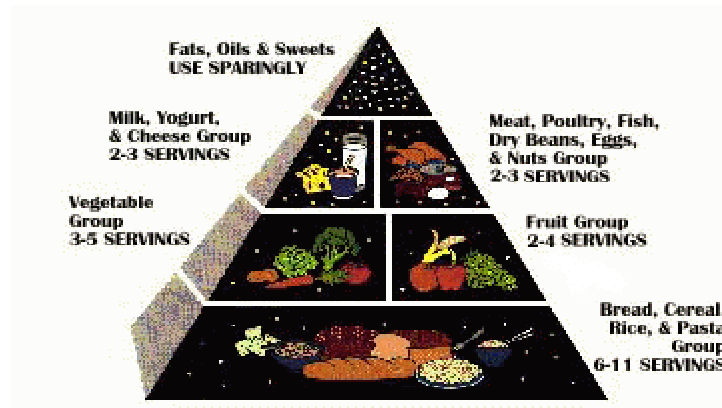
This is optional, but it is a good idea to keep the standards posted in your classroom, so students, principals, parents, and visitors know the focus of your instruction.

HE . A . 1 . 1 . 2



The student understands
positive health behaviors
that enhance wellness.

HE . A . 1 . 1 . 9



The student classifies food and food combinations according to the Food Guide Pyramid.

HE . B . 1 . 1 . 1



The student knows and practices good personal health habits.

HE . C . 1 . 1 . 2



The student recognizes that decisions about personal behavior may be healthy or unhealthy (eg., obeying pedestrian rules).

HE . C . 2 . 1 . 1



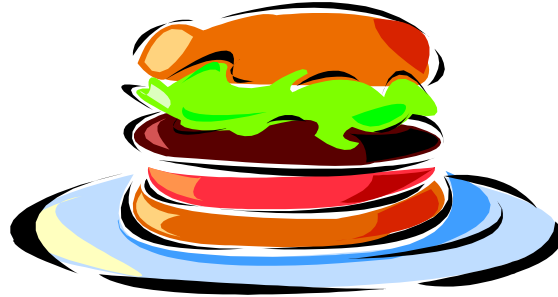
The student knows various ways to share health information (eg., talking to peers about healthy snacks).

SC.B.1.1.4.1.1



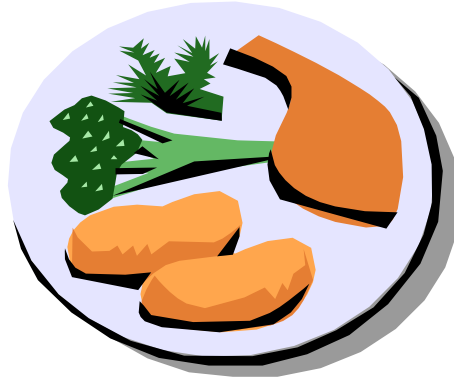
The student knows ways that human activities require and release energy.

SC.B.1.1.5.1.2



The student knows nutritional value of various foods (for example, fruit, cereals, dairy, meat).

SC.B.1.1.5.1.1



The student understands
that people need food for
energy.