

4-H Curriculum Connections to the Virginia Standards of Learning

Foods, Nutrition, and Health:

56401 Exploring Your Body, Level K-2 (CCS)

- English K.1 The student will demonstrate growth in the use of oral language.
- Listen to a variety of literary forms, including stories and poems.
 - Participate in choral speaking and recite short poems, rhymes, songs, and stories with repeated patterns.
 - Participate in creative dramatics.
 - Begin to discriminate between spoken sentences, words, and syllables.
 - Recognize rhyming words.
 - Generate rhyming words in a rhyming pattern.
- English K.2 The student will use listening and speaking vocabularies.
- Use number words.
 - Use words to describe/name people, places, and things.
 - Use words to describe location, size, color, and shape.
 - Use words to describe actions.
 - Ask about words not understood.
 - Follow one-step and two-step directions.
 - Begin to ask how and why questions.
- English K.3 The student will build oral communication skills.
- Begin to follow implicit rules for conversation, including taking turns and staying on topic.
 - Express ideas and needs in complete sentences.
 - Begin to use voice level, phrasing, and intonation appropriate for language situation.
 - Listen and speak in informal conversations with peers and adults.
 - Begin to initiate conversations.
 - Participate in discussions about books and specific topics.
- English K.11 The student will write to communicate ideas.
- a) draw pictures and/or use letters and phonetically spelled words to write about experiences, stories, people, objects, or events.
 - b) Write left to right and top to bottom.
- Health K.1 The student will explain that the body is a living and growing organism. Key concepts/skills include
- a) the importance of making healthy food choices;
 - b) the effects of drugs and medicines;

- c) the five senses and major body parts (e.g., head, eyes, trunk, arms, legs);
- d) the need for physical activity.

Health K.2 The student will explain the concept of being healthy. Key concepts/skills include

- a) the impact of positive and negative emotions;
- b) personal hygiene practices;
- c) germs (e.g., bacteria, viruses) that lead to common diseases (e.g., cold, flu).

Health K.3 The student will explain the concept of being safe. Key concepts/skills include

- a) the need for rules and practices;
- b) the differences between emergency and nonemergency situations;
- c) the choices that prevent injuries.

Health K.6 The student will identify expectations for personal behavior in school and social settings. Key concepts/skills include

- a) acceptable behavior in classrooms and during play;
- b) respect for the property and rights of others;
- c) respect for the personal space of others.

History and Social Sciences K.8

The student will demonstrate that being a good citizen involves

- taking turns and sharing;
- taking responsibility for certain classroom chores;
- taking care of personal belongings and respecting what belongs to others;
- following rules and understanding the consequences of breaking rules.

Science K.1 The student will conduct investigations in which

- basic properties of objects are identified by direct observation;
- observations are made from multiple positions to achieve different perspectives;
- a set of objects is sequenced according to size;
- a set of objects is separated into two groups based on a single physical attribute;
- picture graphs are constructed using 10 or fewer units;
- nonstandard units are used to measure common objects;
- an unseen member in a sequence of objects is predicted;
- a question is developed from one or more observations;
- objects are described both pictorially and verbally;
- and
- unusual or unexpected results in an activity are recognized.

Science K.6 The student will investigate and understand basic needs and life

processes of plants and animals. Key concepts include

- living things change as they grow and need food, water, and air to survive;
- plants and animals live and die (go through a life cycle); and
- offspring of plants and animals are similar but not identical to their parents and one another.

Science K.7 The student will investigate and understand that shadows occur when light is blocked by an object. Key concepts include

- shadows occur in nature when sunlight is blocked by an object; and
- shadows can be produced by blocking artificial light sources.

English 1.1 The student will continue to demonstrate growth in the use of oral language.

- Listen and respond to a variety of media, including books, audiotapes, videos, and other age-appropriate materials.
- Tell and retell stories and events in logical order.
- Participate in a variety of oral language activities, including choral speaking and reciting short poems, rhymes, songs, and stories with repeated patterns.
- Express ideas orally in complete sentences.

English 1.2 The student will continue to expand and use listening and speaking vocabularies.

- Increase oral descriptive vocabulary.
- Begin to ask for clarification and explanation of words and ideas.
- Follow simple two-step oral directions.
- Give simple two-step directions.
- Use singular and plural nouns.

English 1.3 The student will adapt or change oral language to fit the situation.

- Initiate conversation with peers and adults.
- Follow rules for conversation.
- Use appropriate voice level in small-group settings.
- Ask and respond to questions in small-group settings.

English 1.12 The student will write to communicate ideas.

- Generate ideas.
- Focus on one topic.
- Use descriptive words when writing about people, places, things, and events.
- Use complete sentences in final copies.
- Begin each sentence with a capital letter and use ending punctuation in final copies.
- Use correct spelling for high-frequency sight words and phonetically regular words in final copies.

- Share writing with others.
- Use available technology.

- Health 1.2 The student will explain that good health is related to health-promoting decisions. Key concepts/skills include
- a) personal hygiene, including care of one's teeth;
 - b) personal safety behaviors;
 - c) the harmful effects of misusing medicines and drugs;
 - d) sleep habits;
 - e) physical activity and healthy entertainment;
 - f) proper nutrition.
- Health 1.3 The student will explain the need for specific rules and practices to promote personal safety and injury-free situations. Key concepts/skills include
- a) bus and automobile safety;
 - b) personal safety behaviors;
 - c) playground safety;
 - d) fire safety;
 - e) home safety;
 - f) water safety;
 - g) bicycle, in-line skating, skateboard, scooter, and other self-propelled vehicle safety;
 - h) the need for protective gear.
- Health 1.6 The student will demonstrate responsible personal and social behaviors in the school community. Key concepts/skills include
- a) cooperative behavior;
 - b) respect for others;
 - c) adherence to school rules;
 - d) acceptance of responsibility;
 - e) respect for the property of others.
- Science 1.1 The student will plan and conduct investigations in which
- differences in physical properties are observed using the senses;
 - simple tools are used to enhance observations;
 - objects or events are classified and arranged according to attributes or properties;
 - observations and data are communicated orally and with simple graphs, pictures, written statements, and numbers;
 - length, mass, and volume are measured using standard and nonstandard units;
 - inferences are made and conclusions are drawn about familiar objects and events;
 - predictions are based on patterns of observation rather than random guesses; and

- Science 1.5 The student will investigate and understand that animals, including people, have life needs and specific physical characteristics and can be classified according to certain characteristics. Key concepts include
- life needs (air, food, water, and a suitable place to live);
 - physical characteristics (body coverings, body shape, appendages, and methods of movement); and
 - characteristics (wild/tame, water homes/land homes).
- English 2.1 The student will demonstrate an understanding of oral language structure.
- Create oral stories to share with others.
 - Create and participate in oral dramatic activities.
 - Use correct verb tenses in oral communication.
 - Use increasingly complex sentence structures in oral communication.
- English 2.2 The student will continue to expand listening and speaking vocabularies.
- Use words that reflect a growing range of interests and knowledge.
 - Clarify and explain words and ideas orally.
 - Follow oral directions with three or four steps.
 - Give three-step and four-step directions.
 - Identify and use synonyms and antonyms in oral communication.
- English 2.3 The student will use oral communication skills.
- Use oral language for different purposes: to inform, to persuade, and to entertain.
 - Share stories or information orally with an audience.
 - Participate as a contributor and leader in a group.
 - Summarize information shared orally by others.
- English 2.11 The student will write stories, letters, and simple explanations.
- Generate ideas before writing.
 - Organize writing to include a beginning, middle, and end.
 - Revise writing for clarity.
 - Use available technology.
- Health 2.2 The student will explain that personal health decisions and health habits influence health and well-being throughout life. Key concepts/skills include
- a) how food choices relate to a healthy lifestyle;
 - b) the addictive nature of drugs, alcohol, and tobacco;
 - c) the need for regular health check-ups and screenings;
 - d) the importance of learning and using refusal skills;
 - e) the use of nonviolent strategies to resolve conflicts.

- Health 2.3 The student will describe the influences and factors that impact health and well-being. Key concepts/skills include
- a) heredity;
 - b) the environment;
 - c) germs and diseases;
 - d) different customs and traditions;
 - e) self-image related to personal success;
 - f) disappointment, loss, grief, and separation.
- Health 2.6 The student will demonstrate ways to communicate consideration and respect for the health of individuals in the community. Key concepts/skills include
- a) the impact of verbal and nonverbal aggressive behaviors;
 - b) the effects of personal health decisions on other individuals.