

Summary of Key Changes - Health Curriculum

Grades 1-8

Grade 1

*OE = Overall Expectation

**SE = Specific Expectation

Topic 1998 Curriculum	Identify Healthy Eating Habits (OE)	Identify Stages in Dev't of Humans (OE)	Recognize Safety Risks and Safe Practices (OE)	Recognize Commonly used Medicines and Household Products (OE)	Topic 2015 Curriculum	C. 1 Understanding Health Concepts (OE)	C. 2 Making Healthy Choices (OE)	C. 3 Making Connections for Healthy Living (OE)	Summary of Key Changes
Grade 1 Healthy Eating (SE)	-Identify food groups and give examples of each -Choose healthy food and describe factors affecting that choice -dental care				Grade 1 Healthy Eating (SE)	C1.1 - Explain why ppl need food for healthy bodies	C2.1 - Food Groups, Canada's Food Guide C2.2 - Hunger and thirst cues - using to dev'p healthy eating habits		<ul style="list-style-type: none"> • Not many changes to these topics • Dental Care removed from this section and added to Human Dev't and Sexual Health section (along with other hygienic practices)
Personal Safety and Injury Prevention (SE)			-Outline home, school, community safety risks -Describe exploitative behaviours (touching, bullying, abuse) and feelings -Identify ppl who can provide personal safety assistance		Grade 1 Personal Safety and Injury Prevention (SE)	C1.2 - Safe Practices - Personal Safety (9-1-1, police officer, trusted adult)	C2.3 - Caring and exploitive behaviours and feelings associated with each C2.4 - Knowledge of safety practices and transference of these skills at school (allergies, follow safety routines, etc.)	C3.1 - Potential risks at home, in the community, outdoors and staying safe/ avoiding injury (water/sun hazards, candles, injuries from household products/tools, etc.)	-Many of the same topics, with the addition of knowing safety practices and transferring the skills taught to real-life situations

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Substance Use and Abuse (SE)				<p>-Recognize some medicines and other substances that help the body when used</p> <p>-Identify medicines and household products that are harmful to bodies</p>	Substance Use, Addictions, and Related Behaviours (SE)			C3.2 - Unhealthy habits, healthy alternatives (e.g., excessive screen time, smoking, video games)	<ul style="list-style-type: none"> • Addition of unhealthy habits (screen time, video games, etc.) and learning about healthier alternatives; previous curriculum focussed more on substances and the problem-solving skills around this.
Growth and Dev't (SE)		<p>-Identify simple life cycles of plants and animals, including humans</p> <p>-Recognize that rest, food, exercise affect growth</p> <p>-Identify major parts of the body by proper name</p>			Human Development and Sexual Health (SE)	<p>C1.3 - Body parts, including genitalia, using correct terminology</p> <p>C1.4 - 5 Senses and how each functions</p>	C2.5 - Hygienic procedures to protect health and prevent disease transmission (wash hands, brush/floss, not sharing hats, etc.)		<ul style="list-style-type: none"> • Naming body parts by proper name was part of previous curriculum • Senses and their function added (was covered in previous Grade 2 curriculum) • Extended teaching on proper hygiene added to Grade 1 Curriculum (was covered more in-depth in previous Grade 2 curriculum) • Life cycles of plants/animals not addressed in new Grade 1 curriculum