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<p><input type="checkbox"/> K.5.1.A.1 ➔ K.5.K.A.1 Identify daily habits for leading a physically active and healthy life (i.e., daily physical activity, healthy eating, adequate sleep and rest, effective dental and hygiene practices)</p>	<p><input type="checkbox"/> K.5.1.A.2 * K.5.2.A.2 Identify common communicable diseases/illness/conditions (e.g., colds, flu, pink-eye, head lice...) in the classroom and home, and ways to prevent the spread of disease/illness/conditions (e.g., cover mouth when sneezing or coughing, wash hands regularly, share food appropriately, use own hair utensils and headwear...)</p>	<p><input type="checkbox"/> K.5.1.A.3 Identify daily dental hygiene practices (e.g., regular brushing and flossing, healthy food choices...) for care of primary and permanent teeth</p>	<p><input type="checkbox"/> K.5.1.B.1 * K.5.2.B.1 Identify the health benefits (i.e., better health, posture, balance, self-esteem, healthy weight, stronger muscles and bones) of participating in regular physical activity (e.g., accumulating more than 60 minutes and up to several hours a day of physical activity...)</p>
<p>K A</p>	<p>K A</p>	<p>K A</p>	<p>K B</p>

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<p><input type="checkbox"/> K.5.1.B.2 ➔ K.5.K.B.2 Identify physical activities that are enjoyable and fun through a variety of strategies (e.g., pictorial representations, mime, admit/exit slips...)</p>	<p><input type="checkbox"/> K.5.1.B.3 ➔ K.5.K.B.3 Discuss how automation has an impact on daily physical activity (e.g., increased need for planned, daily physical activity due to overuse of video games, television, computers...)</p>	<p><input type="checkbox"/> K.5.1.C.1a ➔ K.5.K.C.1a Recognize the food guide rainbow and a variety of foods in Canada's Food Guide to Healthy Eating (CFGHE)</p>	<p><input type="checkbox"/> K.5.1.C.1b ➔ K.5.K.C.1b Recognize that you need food to grow and feel good</p>
<p>K B</p>	<p>K B</p>	<p>K C</p>	<p>K C</p>

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<p><input type="checkbox"/> K.5.1.C.2 * K.5.2.C.2 Identify the need for daily food and fluid to support physical activity</p>	<p><input type="checkbox"/> K.5.1.D.1 Identify safe and unsafe substances found in the home, school, and community that can help (i.e., healthy foods and drink, medicinal products as prescribed by a doctor) or harm the body (i.e., food or medicinal products with a broken seal, foul-smelling substances, items with the poison symbol)</p>	<p><input type="checkbox"/> K.5.1.D.2 * K.5.3.D.2 Identify helpful and/or harmful substances (i.e., vitamins, medicines, tobacco, alcohol) and their effects on a healthy body (e.g., vitamins help build body tissues; medicines fight germs and/or reduce pain; nicotine in tobacco affects circulatory system and nervous system; first-and second-hand tobacco smoke affects lungs and may cause cancer; consuming or inhaling vapours from dangerous products harms the body or causes death...)</p>	<p><input type="checkbox"/> K.5.1.E.2a * K.5.2.E.2a Describe how human beings express their emotions for people about whom they care (e.g., showing love and affection by caring, sharing, being kind and gentle, speaking affectionately, hugging, kissing...)</p>
<p>K C</p>	<p>K D</p>	<p>K D</p>	<p>K E</p>

<p>1</p> 	<p>1</p> 	<p>1</p> 	<p>1</p> 
<p><input type="checkbox"/> S.5.1.A.4 Demonstrate ways of exercising caution, avoidance, and/or refusal in case scenarios involving unknown substances (i.e., avoiding substances with a danger symbol, foods that cause allergies and opened Hallowe'en candy; taking proper dosage of prescribed medication)</p>			
<p>S</p>	<p>A</p>		