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| <p>4</p>  | <p>4</p>  | <p>4</p>  | <p>4</p>  |
| <p><input type="checkbox"/> K.5.4.A.1 Identify the importance of taking responsibility for personal hygiene practices on a regular basis (i.e., bath/shower, wash hair, wash hands, change clothes, brush teeth, engage in physical activity)</p> | <p><input type="checkbox"/> K.5.4.A.2 Identify ways (e.g., avoid loud sounds, don't drink or swim in contaminated water, avoid second-hand smoke, avoid plants and food that cause allergic reactions, wear a hat, wear sunscreen...) to prevent reactions to various environmental conditions (e.g., noise, water, sun, air, plants...)</p> | <p><input type="checkbox"/> K.5.4.A.3 Identify the function (i.e., biting, chewing) and structure (i.e., number, names, parts) of primary and permanent teeth</p> | <p><input type="checkbox"/> K.5.4.B.1 Describe feelings (e.g., enjoyment, sense of exploration, self-satisfaction, self-confidence, sense of belonging, relaxation...) associated with participation in physical activities as these feelings contribute to personal health and well-being</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.5.4.B.2 Identify ways (e.g., play time, joining local teams/clubs, family events, community events...) to be physically active indoors and outdoors in own community on a daily and/or regular basis</p> | <p><input type="checkbox"/> K.5.4.B.3 Determine how much personal time is spent in active and sedentary activity for a set period of time (e.g., daily, weekly, monthly...)</p> | <p><input type="checkbox"/> K.5.4.C.1a Demonstrate an understanding of food groups, serving sizes and serving numbers that support good health</p> | <p><input type="checkbox"/> K.5.4.C.1b ⇨ K.5.2.C.1b Identify the function of a variety of food groups for growth and development (e.g., foods that help the body go, glow, and grow...)</p> |
| <p>K B</p> | <p>K B</p> | <p>K C</p> | <p>K C</p> |

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| <p>4</p>  | <p>4</p>  | <p>4</p>  | <p>4</p>  |
| <p><input type="checkbox"/> K.5.4.C.2 Describe the best type and quantities of fluid to consume during various physical activities under different conditions (e.g., indoor, outdoor, humid, long/short duration...)</p> | <p><input type="checkbox"/> S.5.4.A.1 Develop a personal action plan for daily personal health practices</p> | <p><input type="checkbox"/> S.5.4.A.2 Develop a personal action plan for daily active living, including reasons for choice of activities</p> | <p><input type="checkbox"/> S.5.4.A.3a Assess personal food intake for a period of 1 to 3 days, and identify factors (e.g., culture, religions, availability, peers, television advertising, age...) that may influence food choices</p> |
| <p>K</p> | <p>C</p> | <p>S</p> | <p>A</p> |

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| <p>4</p>  | <p>4</p>  | <p>4</p>  | <p>4</p>  |
| <p><input type="checkbox"/> S.5.4.A.3b Use problem-solving strategies to reduce barriers to healthy eating, and improve food choices, if appropriate</p> | | | |
| <p>S</p> | <p>A</p> | | |