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<p><input type="checkbox"/> K.5.2.A.1 Identify daily habits and responsibilities for leading a physically active and healthy life (e.g., self-regulation relative to practising daily health routines for cleanliness, rest, healthy eating, good posture...)</p>	<p><input type="checkbox"/> 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.5.2.A.3 Assess personal dental care habits and identify ways to promote dental health for self and/or others</p>	<p><input type="checkbox"/> 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.5.2.B.2 Identify opportunities (e.g., during physical education class, recess, lunch hour, before/after school, on weekends...) to be active daily, alone or with family and others</p>	<p><input type="checkbox"/> K.5.2.B.3 Identify how automation and information technology (e.g., computers, video games, television, telecommunications...) have an impact on participation in physical activity</p>	<p><input type="checkbox"/> K.5.2.C.1a Differentiate between “everyday” and “sometime” foods in Canada’s Food Guide to Healthy Eating</p>	<p><input type="checkbox"/> 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><input type="checkbox"/> K.5.2.C.2 Identify the need for daily food and fluid to support physical activity</p>	<p><input type="checkbox"/> K.5.2.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 ehlp 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.5.2.E.1a Identify basic changes in growth and development from birth to childhood (e.g., changes to teeth, brain, height, body weight, clothes size...)</p>	<p><input type="checkbox"/> K.5.2.E.1b Describe how living things produce their offspring and care for their young (e.g., animal mating; providing food, warmth, shelter, and protection for babies; union of egg and sperm...)</p>
<p>K C</p>	<p>K D</p>	<p>K E</p>	<p>K E</p>

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<p><input type="checkbox"/> K.5.2.E.1c Determine the differences and similarities between self and others (e.g., body build, hair colour, eyes, skin colour, features, gender, body parts, fitness, interests, culture, beliefs and values...)</p>	<p><input type="checkbox"/> 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><input type="checkbox"/> K.5.2.E.3a Identify ways family or caregivers provide support and nurturing for personal growth and development (e.g., provide food and warmth, express encouragement, listen attentively, provide advice, hugs...)</p>	<p><input type="checkbox"/> K.5.2.E.3c Discuss the responsibilities (e.g., respect private spaces and private parts...) associated with gender differences</p>
<p>K E</p>	<p>K E</p>	<p>K E</p>	<p>K E</p>

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<p><input type="checkbox"/> S.5.2.A.1 Use a decision-making/problem-solving process, with guidance, to determine consequences of good and poor daily health habits</p>	<p><input type="checkbox"/> S.5.2.A.2 Record, with assistance, daily physical activities that are enjoyable for families to do</p>	<p><input type="checkbox"/> S.5.2.A.3a Sort/classify a variety of foods into the food groups according to Canada's Food Guide to Healthy Eating</p>	<p><input type="checkbox"/> S.5.2.A.3b Choose foods for healthy breakfasts/snacks based on Canada's Food Guide to Healthy Eating</p>
<p>S</p>	<p>A</p>	<p>S</p>	<p>A</p>

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<p><input type="checkbox"/> S.5.2.A.5 Use appropriate language regarding private and sensitive issues (e.g., no foul language, hurtful teasing, name calling, or offensive gestures or signs...)</p>			
<p>S</p>	<p>A</p>		