

# Health & Wellness

## Summary

The health, safety and well-being of children is important. Children who are in good health are able to develop properly intellectually, socially, and emotionally.

## Main Core Tie

Child Development

[Strand 5 Standard 1](#)

## Additional Core Ties

Child Development

[Strand 7 Standard 1](#)

Child Development

[Strand 7 Standard 2](#)

## Time Frame

2 class periods of 90 minutes each

## Background for Teachers

Teacher should understand the need for immunizations, the importance of first aid, proper nutrition and car seat safety.

## Intended Learning Outcomes

Students will understand the need for proper immunizations, good nutrition and other safety concerns.

## Instructional Procedures

Day 1 will introduce childhood illnesses and immunizations. Day 2 will cover first aid, nutrition, and car seats.

## Assessment Plan

After students complete the reading of "Childhood Illnesses," they will match the symptoms with the correct illness, disease or health concern.

## Bibliography

Utah Curriculum Guide

## Authors

[Jason Skidmore](#)