

Appendix of Health and Wellness Units K-6

	K	1	2	3	4	5 & 6
Ch. 1	You Feel & Think	Health & You	Your Feelings	Mental & Emotional Health	Mental & Emotional Health	Mental & Emotional Health
Ch. 2	Your Family & Friends	Your Family, Your Friends & You	Getting Along	Family & Social Health	Family & Social Health	Family & Social Health
Ch. 3	You Grow & You Change	Your Growing Body	Your Body	Growth & Development	Growth & Development	Growth & Development
Ch. 4	Food for Health	Healthful Foods	Healthful Foods for You	Nutrition	Nutrition	Nutrition
Ch. 5	A Clean & Fit You	Staying Clean & Fit	Keeping Clean & Fit	Personal Health & Physical Activity	Personal Health & Physical Activity	Personal Health & Physical Activity
Ch. 6	Staying Safe	Stay Safe	Safety & You	Violence & Injury Prevention	Violence & Injury Prevention	Violence & Injury Prevention
Ch. 7	Medicines & Drugs	Medicines & Drugs	Medicines & Drugs & You	Alcohol, Tobacco, & Other Drugs	Alcohol, Tobacco, & Other Drugs	Alcohol, Tobacco, & Other Drugs
Ch. 8	Staying Well	Stay Well	Fighting Germs	Communicable & Chronic Diseases	Communicable & Chronic Diseases	Communicable & Chronic Diseases
Ch. 9	Health Helpers	Be Health Wise	Health Helpers & You	Consumer & Community Health	Consumer & Community Health	Consumer & Community Health
Ch. 10	A Healthful Place to Live	A Clean Earth	Taking Care of Earth	Environmental Health	Environmental Health	Environmental Health

