



Health

The health domain in the *California Preschool Curriculum Framework, Volume 2* is:

- A companion to the same domain in the *California Preschool Learning Foundations, Volume 2*.
- A guide for teachers in planning curriculum that supports physical development.
- Organized with the same strands and substrands as the foundations.

Health

The strands include:

- **Health Habits:** focuses on basic hygiene, oral health, knowledge of wellness, and safety in the sun. Learning occurs primarily in the context of the children's daily routines
- **Safety:** promotes children's safety awareness. It addresses children's ability to follow safety rules, emergency routines, and transportation and pedestrian safety rules
- **Nutrition:** focuses on children developing healthy eating habits

Health

Health Habits

Substrand 1.0 Basic Hygiene

Substrand 2.0 Oral Health

Substrand 3.0 Knowledge of Wellness

Substrand 4.0 Sun Safety

Safety

Substrand 1.0 Injury Prevention

Health

Nutrition

Substrand 1.0 Nutrition Knowledge

Substrand 2.0 Nutrition Choices

Substrand 3.0 Self-Regulation of Eating



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Health

The health development domain in the *California Preschool Curriculum Framework, Volume 2* contains:

- Guiding principles
- Suggestions for environments and materials
- Vignettes
- Teachable moments
- Interactions and strategies
- Strategies for engaging families
- Research highlights
- Questions for reflection

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Health

Handwashing

- What were your family's handwashing practices?
- Do you remember seeing your parents or siblings washing their hands at specific times?
- Were there specific times, such as right before meals, when you or your family members were reminded to wash hands?

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Brushing teeth

- How often and when were you taught to brush your teeth?
- Were you reminded by your family or others to floss?



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Mealtime

- Did your family eat meals together? Which ones? Around a table or special place?
- How was food put onto plates? Individually and then brought to the table? Served at the table? Did the family eat from shared dishes?
- What were some foods that your family enjoyed together?
- What were some special foods that were related to holidays or celebrations?

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Safety

- Are there safety rules that you remember from when you were a child? Were these rules from your family or from school?
- What were you taught about crossing streets? Electrical outlets? Using appliances?
- What do you remember learning about staying safe while participating in sports?

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- What did you hear that you had not known or thought about?
- How did this help you understand your own health, safety, and nutrition habits?
- What did you learn about how family influences might impact how children build health-promoting habits?
- How will this influence your approach to teaching health, safety, and nutrition to young children?