

## Health Education SOLs, 2001

	K	1	2	3	4	5	6	7	8	9	10
<b>Healthy Body</b>											
Blood pressure						5.2e					
Body Mass index (BMI)							6.3e				10.1a
Body parts	K.1c										
Body systems			2.1c				6.2b				
Calories						5.2b					
Cardiovascular system		1.1a	2.1a, 2.1c			5.2e	6.2b				
Cognitive performance									8.3b		
Customs & traditions			2.3d	3.5a,b,c				7.3c			
Dietary choices				3.1a							10.1a
Dietary guidelines						5.2b	6.2a			9.1a	
Digestive system		1.1b	2.1a, 2.1c				6.2b				
Eating disorders							6.3e		8.3a		10.1a
Endocrine system							6.2b				
Ethnic foods			2.3d	3.5a,b,c							
Five senses	K.1c										
Food groups	K.1a	1.2f	2.2a								
Food Guide Pyramid	K.1a		2.2a		4.1b					9.1a	
Food labels			2.2a			5.2b				9.1a	
Growth & development					4.1d						
Healthy choices			2.5b				6.2a,b	7.2a		9.2c	
Healthy food choices	K.1a	1.2f	2.2a	3.1a	4.1d		6.2a				10.1a
Healthy weight						5.2b	6.3e				10.1a
Heart fitness	k.1d	1.1a			4.4e	5.2e				9.2a	
Heredity			2.3a								
Malnutrition					4.1c						
Minerals				3.1a	4.1d						
Muscular system		1.1d	2.1a, 2.1c				6.2b				
Nervous system		1.1e	2.1a, 2.1c		4.1a		6.2b				
Nutrients			2.2a	3.1a	4.1d	5.2b					
Nutrition & physical performance					4.1e			7.2a			
Personal & family wellness							6.6a				
Personal health & fitness plan				3.1b	4.1d	5.2a			8.2d	9.1d, e, f 9.2c	10.2d
Physical activity & exercise	K.1d	1.2e		3.1b	4.4e	5.2b		7.2b		9.2c	

Physical activity benefits	K.1d	1.1d, 1.2e		3.1b	4.4e	5.2b		7.2b, d		9.2c	
Physical fitness	K.1d	1.2e		3.1b	4.4e			7.2b		9.2c	
Physically active lifestyle				3.1b			6.2b			9.2c	10.1b
Posture			2.1b								
Preventing, solving health problems				3.2c					8.2b		
Protein				3.1a	4.1d,e						
Recreational & leisure activities								7.2b			
Respiratory system			2.1a, 2.1c				6.2b				
Sedentary lifestyle									8.1g		10.1b
Skeletal system		1.1c	2.1a, 2.1c				6.2b				
Sleep		1.2d					6.2b	7.2e		9.2c	
Sports nutrition											10.1a
Supplements											10.1a
Vegetarianism											10.1a
Vitamins				3.1a	4.1d						
Water				3.1a	4.1d		6.2b				