

Workplace Readiness Skills for the Commonwealth Grades 1 – 2 School

Professional Knowledge and Skills

11. **Health and Safety:** Follows safety guidelines and manages personal health

Objective: Students correctly follow safety guidelines.

Activities:

1. Practice correctly exiting the building during fire drills. Participate safely in lockdowns and other emergency drills.

2. Practice safe practices during recess and other unstructured times.

Objective: Student will identify how the food pyramid is used as a basis for “managing personal health”.

Activities:

1. Give the students magazines and have them match pictures to the sections of the food pyramid. Discuss the values of using the food pyramid as a basis for “managing personal health”.

Resources for Activities:

<http://www.nourishinteractive.com/>