

## Exhibit: Health Quest



In this exhibit, children can recognize healthy habits and understand why they are important. As they learn about their bodies and how they work, their understanding will deepen. They can plan ways to avoid illness and enhance their overall health.

**The following standards can be applied to this exhibit, as it is currently displayed:**

### **Illinois Early Learning Standards**

- Identify simple practices that promote healthy living and prevent illness. (IELDS 22.A.ECa)
- Identify body parts and their functions. (IELDS 23.A.ECa)
- Identify examples of healthy habits. (IELDS 23.B.ECa)
- Apply decision making skills related to the protection and promotion of individual health. (IELDS 24.B)

### **Common Core Mathematics Standards**

- Understand the relationship between numbers and quantities; connect counting to cardinality.
- Identify whether the number of objects in one group is greater than, less than, or equal to the number of objects in another group, e.g. by using matching and counting strategies.

#### Next Generation Science Standards

- Use a model to represent the relationship between the needs of different plants or animals (including humans) and the places they live. (K-ESS3-1)

#### **Illinois Physical Education Standards**

- Identify characteristics of health-related and skill-related fitness (e.g., flexibility, muscular strength, balance). (20.A.1a)
- Engage in sustained physical activity that causes increased heart rate, muscle strength, and range of movement. (20.A.1b)
- Describe immediate effects of physical activity on the body (e.g., faster heartbeat, increased rate of breathing). (20.B.1a)
- Identify a realistic health-related goal. (20.C.1a)
- Identify general signs and symptoms of illness. (22.A.1a)
- Identify methods of health promotion and illness prevention. (22.A.1c)
- Encourage and support others in making positive health choices. (22.B.1a)
- Identify positive health choices and demonstrate ways to communicate individual choices. (22.D.1a)
- Identify basic parts of body systems and their functions. (23.A.1a)
- Identify healthy actions that influence the functions of the body. (23.B.1a)
- Individual differences in growth and development among people. (23.C.1a)
- Recognize how choices can affect health. (24.B.1a)