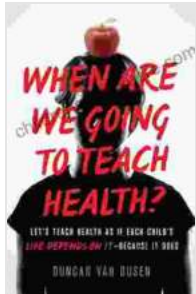


# Let's Teach Health as if Each Child's Life Depends on It, Because It Does



## When Are We Going to Teach Health? : Let's Teach Health as If Each Child's Life Depends on It – Because It Does by Duncan Van Dusen

★★★★☆ 4.6 out of 5

Language	: English
File size	: 14223 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 171 pages
Lending	: Enabled



Every child deserves a healthy life. And every child has the right to an education that will help them achieve that goal. That's why it's so important to teach health in schools.

Health education can help children learn about their bodies, how to make healthy choices, and how to avoid preventable diseases. It can also help them develop the skills they need to live healthy lives, such as problem-solving, decision-making, and communication.

The benefits of health education are clear. Children who receive health education are more likely to:

- Make healthy choices
- Avoid preventable diseases
- Live longer, healthier lives

In addition to the benefits for children, health education can also benefit the community as a whole. By teaching children about health, we can help create a healthier society. Healthier children are more likely to be productive members of society, and they are less likely to need expensive medical care.

So what are we waiting for? Let's start teaching health in schools today. Every child deserves a chance to live a healthy life.

## **How to Teach Health in Schools**

There are many different ways to teach health in schools. The most effective approach will vary depending on the age of the children, the school setting, and the resources available.

However, there are some general principles that can be applied to all health education programs. These principles include:

- **Start early.** Health education should begin in kindergarten or even earlier. This will help children develop healthy habits that will last a lifetime.
- **Be comprehensive.** Health education should cover a wide range of topics, including nutrition, physical activity, mental health, and disease prevention.

- **Be interactive.** Children learn best by doing. Health education should be hands-on and engaging.
- **Be relevant.** Health education should be tailored to the needs of the children and the community.
- **Be evaluated.** Health education programs should be evaluated regularly to ensure that they are effective.

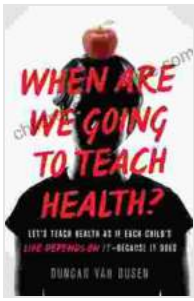
## **Resources for Teaching Health in Schools**

There are many resources available to help teachers teach health in schools. These resources include:

- **The Centers for Disease Control and Prevention (CDC)** offers a wide range of resources on health education, including lesson plans, activities, and fact sheets.
- **The National Health Education Standards** provide a framework for health education programs in schools.
- **The American School Health Association (ASHA)** is a professional organization that provides resources and support for school health professionals.

Teaching health in schools is essential for the well-being of our children and our communities. By providing children with the knowledge and skills they need to make healthy choices, we can help them live longer, healthier lives.

So let's start teaching health in schools today. Every child deserves a chance to live a healthy life.

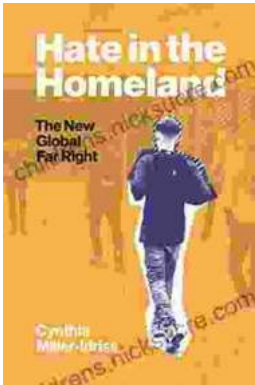


## When Are We Going to Teach Health? : Let's Teach Health as If Each Child's Life Depends on It – Because It Does

by Duncan Van Dusen

★★★★☆ 4.6 out of 5

Language : English  
File size : 14223 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 171 pages  
Lending : Enabled



## Hate In The Homeland: Exploring the Alarming Rise of Domestic Extremism in the United States

In recent years, the United States has witnessed a disturbing surge in domestic extremism, characterized by violent acts, hate-filled rhetoric,...



## My Golf Blog Revolution: Open Stance

Are you ready to revolutionize your golf game? The Open Stance technique is a game-changing approach that can transform your swing, improve accuracy, and boost power....