**Health Standards:** Athens Y field trips are designed to meet Georgia Health Standards for grade levels K-5th.

**PreK:** Fruits and Veggies

**Kindergarten:** MyPlate and Healthy Eating

- HEK.1.a Students will identify healthy behaviors.

**1st Grade:** Water vs. Soda

- HE1.1.a Students will identify how healthy behaviors impact personal health and wellness.

**2nd Grade:** Germ Prevention

- HE2.1.a Students will describe healthy behaviors that promote personal health, wellness, and disease prevention.

**3rd Grade:** Heart Health

- HE3.1.a and HE3.1.d Students will identify and apply healthy eating habits. Students will distinguish the short and long-term physical effects of use and/or misuse of substances.

**4th Grade:** Healthy Habits for a Strong Body and Mind

- HE4.1.b and HE4.1.e Students will describe basic personal health concepts of healthy eating and physical activity. Students will distinguish the short and long term physical effects of use and/or misuse of substances.

**5th Grade:** Hands Only CPR