

# NORTH CAROLINA ESSENTIAL STANDARDS

Last Updated: July 10, 2015, 11:12 am

## North Carolina Extended Content Standards

### Life Science

#### High School:

#### Life Science

**NCES.EX.LS.1** - Apply safety measures and procedures in a variety of situations in the community and home.

**NCES.EX.LS.1.1** - Carry out common disaster/accident procedures for preparation (if advance warning is received) and response to: Fire, Tornado, Flood, Winter storm, Hurricane.

**NCES.EX.LS.1.2** - Compare an emergency situation and a nonemergency situation.

**NCES.EX.LS.1.3** - Carry out (through role playing) the process for reporting an emergency to the proper authorities.

**NCES.EX.LS.2** - Apply skills associated with providing simple first aid and obtaining medical treatment when needed.

**NCES.EX.LS.2.1** - Compare simple and serious injuries.

**NCES.EX.LS.2.2** - Demonstrate the proper procedures for providing first aid for these simple injuries:

Minor scrapes and cuts

Insect bites

Simple burns (including sunburn)

**NCES.EX.LS.2.3** - Identify symptoms and routine home treatments of common non-serious illnesses:

Common cold

Fever

Head ache

Stomach ache

Body aches

**NCES.EX.LS.2.4** - Compare community sources of medical care and the services that can be obtained from these agencies:

Health department

Hospital

Family medical practice

Pharmacy

Walk-in Clinic

**NCES.EX.LS.2.5** - Indicate personally identifiable information.

**NCES.EX.LS.3** - Apply the skills needed to practice healthful living and good nutrition.

**NCES.EX.LS.3.1** - Apply daily hygiene/grooming habits.

**NCES.EX.LS.3.2** - Apply common practices that help prevent illnesses and germ spreading.

**NCES.EX.LS.3.3** - Identify basic guidelines for the practice of good nutrition.

**NCES.EX.LS.3.4** - Identify the benefits of a regular exercise program including its relation to weight and health .

**NCES.EX.LS.3.5** - Plan a simple meal based on nutritional guidelines:

Develop a grocery list

Purchase food

Awareness of cooking terms

Cooking methods

Kitchen appliance usage



# NORTH CAROLINA ESSENTIAL STANDARDS

*Last Updated: July 10, 2015, 11:12 am*

## North Carolina Extended Content Standards

### Life Science

**NCES.EX.LS.3.6** - Identify foods that are high-risk for contamination/ spoilage.

**NCES.EX.LS.3.7** - Carry out the proper methods for handling, preparing, and storing foods.

