

Pre-school Health Curriculum



An Educational Resource for Pre-schools

Foreword

The Pre-school Health Curriculum toolkit is designed by the Health Promotion Board with the aim to equip pre-school educators with knowledge in pertinent child health topics, thereby helping the preschoolers to lead a healthy lifestyle. The six topics are represented in the toolkit and they are Nutrition, Mental Wellness, Myopia Prevention, Oral Health, Hygiene and Childhood Injury Prevention.

This toolkit is specially crafted to assist educators in teaching of healthy lifestyle to preschoolers. There are two lesson plans for each topic. Each lesson plan may come with song chart, take-home activities and interactive elements. All these are to reinforce the health messages for the pre-schoolers.

We want to thank you for joining us in this crucial effort to educate the pre-schoolers about health. Remember, you do play an important part in shaping the health and future of our children!

Brought to you by the School Health Division, Health Promotion Board.

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