North Carolina Extended Essential Standards Extended High School Life Science

Note on Numbering: **EX -** Extended Standard **LS** - Life Science

(LS) Life Science

	Essential Standard	Clarifying Objective	
EX.LS.1	Apply safety measures and procedures in a variety of situations in the community and home.	EX.LS.1.1	Carry out common disaster/accident procedures for preparation (if advance warning is received) and response to: • Fire • Tornado • Winter storm • Hurricane
		EX.LS.1.2	Compare an emergency situation and a non-emergency situation.
		EX.LS.1.3	Carry out (through role playing) the process for reporting an emergency to the proper authorities.
EX.LS.2	Apply skills associated with providing simple first aid and obtaining medical treatment when needed.	EX.LS.2.1	Compare simple and serious injuries.
		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)
		EX.LS.2.3	Identify symptoms and routine home treatments of common non-serious illnesses: • Common cold • Fever • Head ache • Stomach ache • Body aches
		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
		EX.LS.2.5	Indicate personally identifiable information.
EX.LS.3	Apply the skills needed to practice healthful living and good nutrition.	EX.LS.3.1	Apply daily hygiene/grooming habits.
		EX.LS.3.2	Apply common practices that help prevent illnesses and germ spreading.
		EX.LS.3.3	Identify basic guidelines for the practice of good nutrition.
		EX.LS.3.4	Identify the benefits of a regular exercise program including its relation to weight and

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	health.
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
EX.LS.3.6	Identify foods that are high-risk for contamination/ spoilage
EX.LS.3.7	Carry out the proper methods for handling, preparing, and storing foods.