

**SUBJECT 1T 10.0  
HEALTH AND LIFESTYLE**

NUMBER	TRAINING STANDARD	K/S	REFERENCES	TIME (Minutes)
1T 10.1	Describe the resources in the local community to assist an individual in following a healthy lifestyle or in dealing with an illness.	K	Local Recreational/ Social Services Directories FHC Chapter 1 FHC Guide Chapter 1	10
1T 10.2	Explain the meaning of each of the International Safety Symbols.	K	FHC FOTS Chapter 15	10
1T 10.3	Describe the stages of growth and development (childhood, adolescence and adulthood) and the effects of illness on each one.	K	FHC Chapter 3 FHC Guide Chapter 3	40
			<b>TOTAL TIME</b>	<b>60</b>