## North Carolina Extended Essential Standards
### Extended High School Life Science
**Note on Numbering:** EX – Extended Standard LS – Life Science

(LS) Life Science

<table>
<thead>
<tr>
<th>Essential Standard</th>
<th>Clarifying Objective</th>
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| **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  
- Winter storm  
- Tornado  
- Hurricane  
- Flood  
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 |
| 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. |