

***HealthSmart***  
**Alignment  
with  
Minnesota  
Health  
Education  
Standards**



**GRADES  
K–5**

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
Standard 1: Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.			
1.2.1 Identify that healthy behaviors impact personal health.	1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30	1, 2, 3, 4, 5, 6, 7, 8, 18, 21, 22, 23, 24, 25, 26, 27	1, 2, 3, 4, 5, 6, 7, 8, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
1.2.2 Recognize that there are multiple dimensions of health.			2
1.2.3 Describe ways to prevent communicable diseases.	6	5	5
1.2.4 List ways to prevent common childhood injuries.	13, 14, 15, 16, 17, 18	7, 9, 10, 11, 12, 13, 14, 15, 16, 20	9, 10, 11, 12, 13
1.2.5 Describe why it is important to seek health care.	7, 8		6
Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.			
2.2.1 Identify how the family influences personal health practices and behaviors.	3	2, 27, 29	1
2.2.2 Identify what the school can do to support personal health practices and behaviors.	7, 8, 10, 11	13, 14, 16, 18	4, 14, 25
	Focus is on trusted adults at school and school rules		
2.2.3 Describe how the media can influence health behaviors.	Not covered		
Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.			
3.2.1 Identify trusted adults and professionals who can help promote health.	3, 7, 8, 9, 10, 11, 18, 22	1, 9, 11, 18, 29	4, 14, 25
3.2.2 Identify ways to locate school and community health helpers.	9, 10, 19	17	
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.			
4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.	1, 2, 3, 9, 10	29	4
4.2.2 Demonstrate listening skills to enhance health.	1		
4.2.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.	10, 11, 18, 29	16, 17, 18, 20	15
4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	19	17, 20	15

Minnesota recommends use of the National Health Education Standards to guide instruction.  
This alignment is to the second edition of the NHES.

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
<b>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>			
5.2.1 Identify situations when a health-related situation is needed.	20, 21, 28		9, 10, 11, 12, 26
5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	20		26
<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>			
6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.	5, 6, 23, 25	8, 23	13, 19, 21
6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.	5, 6, 23, 25	23	13, 19, 21
<b>Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.</b>			
7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.	1, 5, 6	5, 6, 8	5, 22, 26
7.2.2 Demonstrate behaviors that avoid or reduce health risks.	2, 13, 14, 15, 16, 17, 19, 29	7, 10, 12, 16, 17	3
<b>Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.</b>			
8.2.1 Make requests to promote personal health.	3, 7, 29	19, 28, 29	15, 16, 25
8.2.2 Encourage family and peers to make positive health choices.	11, 25, 28, 30	3, 12, 19, 22, 28	8, 15, 16, 23, 26

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
<b>Standard 1: Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</b>			
1.5.1 Describe the relationship between healthy behaviors and personal health.	1, 2, 3, 4, 5, 6, 7, 8, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17, 18, 19, 20, 21, 25, 26, 28	1, 2, 4, 5, 6, 7, 8, 11, 13, 16, 17, 18, 19, 20, 21, 24, 25, 26, 27, 30, 32, 33, 34, 35, 37
1.5.2 Identify examples of emotional, intellectual, physical, and social health.	1		1
1.5.3 Describe ways in which safe and healthy school and community environments can promote personal health.	9, 10, 11, 13, 14, 15	11	36
1.5.4 Describe ways to prevent common childhood injuries and health problems.	9, 10, 11, 16	3, 10, 11, 12, 14, 15	9, 10, 11, 12
1.5.5 Describe when it is important to seek health care.	8		
<b>Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</b>			
2.5.1 Describe how family influences personal health practices and behaviors.	3, 21	21	2, 19, 30, 33
2.5.2 Identify the influence of culture on health practices and behaviors.	21	21	19, 36
2.5.3 Identify how peers can influence healthy and unhealthy behaviors.	4, 21, 27, 28	13, 21	2, 7, 11, 19, 26, 30
2.5.4 Describe how the school and community can support personal health practices and behaviors.	15	11	9
2.5.5 Explain how media influences thoughts, feelings, and health behaviors.	21, 28	21	14, 27, 30
2.5.6 Describe ways that technology can influence personal health.	14		7, 8
<b>Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.</b>			
3.5.1 Identify characteristics of valid health information, products, and services.		20	4, 38
3.5.2 Locate resources from home, school, and community that provide valid health information.	1	6, 20, 27	4, 5, 13, 31, 38
<b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>			
4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	4, 29		3
4.5.2 Demonstrate refusal skills that avoid or reduce health risks.	16, 29	13, 22, 23	28
4.5.3 Demonstrate nonviolent strategies to manage or resolve conflict.		14, 15	
4.5.4 Demonstrate how to ask for assistance to enhance personal health.	15, 16	6, 15, 27	31

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
<b>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>			
5.5.1 Identify health-related situations that might require a thoughtful decision.	13, 26	14, 28	12, 29
5.5.2 Analyze when assistance is needed when making a health-related decision.	13, 26	14, 28	12, 29
5.5.3 List healthy options to health-related issues or problems.	13, 26	28	29
5.5.4 Predict the potential outcomes of each option when making a health-related decision.	13, 26	28	29
5.5.5 Choose a healthy option when making a decision.	13, 26	28	29
5.5.6 Describe the outcomes of a health-related decision.	26		29, 30, 37
<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>			
6.5.1 Set a personal health goal and track progress toward its achievement.	12, 22, 24	9, 19	22, 23
6.5.2 Identify resources to assist in achieving a personal health goal.	12, 22, 24	9, 19	22, 23, 30
<b>Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.</b>			
7.5.1 Identify responsible personal health behaviors	9, 11, 14	4, 12	25, 26, 30, 33
7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	4, 18, 22, 24	9, 19	3, 6, 23
7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks.	6, 12, 16, 29	3, 5, 13, 15, 23	9, 12, 19, 28
<b>Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.</b>			
8.5.1 Express opinions and give accurate information about health issues.	7, 10, 11, 15	20, 24, 25, 26	9, 15, 27, 36
8.5.2 Encourage others to make positive health choices.	7, 11, 15, 29	20, 24, 26	9, 15, 27, 36