

## HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

### Tennessee Health Education Standards, Grades K-5

The Tennessee Health Education Standards Grades K-5 document is divided into five components: Personal Wellness (PW); Mental and Emotional Wellness (EW); Disease Prevention (DP); Safety (S); and Human Growth and Development (HGD).

#### Key Ideas:

- 1) The Tennessee Health Education Standards Grades K-5 state skills, knowledge, and behaviors students should demonstrate at each grade level.
- 2) Each component is divided into subcomponents as a means to organize similar standards.
- 3) The standards need not be taught in the order presented. The component and subcomponent numbers are only for organization and identification.
- 4) The standard is the action, knowledge, or behavior expected (e.g., 2. PCW.1 Describe the importance of healthy meals and snacks).

### Component: Personal and Community Wellness

#### Subcomponent: Nutrition

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<b>PCW.1</b>	<b>K.PCW.1</b> Identify food as a source of energy and growth. <a href="#">K Lesson 21</a>	<b>1.PCW.1</b> Identify the basic food groups and examples. <a href="#">Specific food groups covered in Gr 4.</a>	<b>2.PCW.1</b> Describe the importance of healthy meals and snacks. <a href="#">2 Lesson 17 (breakfast), Lesson 18 (snacks)</a>	<b>3.PCW.1</b> Describe the benefits of drinking water as the main fluid source. <a href="#">3 Lesson 18</a>	<b>4.PCW.1</b> Use USDA guidelines to identify a variety of foods for a healthy diet. <a href="#">4 Lessons 16, 17</a>	<b>5.PCW.1</b> Identify how unhealthy food choices and physical inactivity contribute to the development of chronic diseases. (e.g., high B/P) <a href="#">5 Lesson 6</a>
<b>PCW.2</b>	<b>K.PCW.2</b> Identify healthy food items versus unhealthy food items. <a href="#">K Lesson 22</a>	<b>1.PCW.2</b> Describe a healthy meal using the basic food groups. <a href="#">1 Lesson 21 (healthy breakfast); specific food groups covered in Gr 4.</a>	<b>2.PCW.2</b> Identify the appropriate amount of water to drink each day. <a href="#">2 Lesson 16</a>	<b>3.PCW.2</b> Describe the consequences of consuming excessive sugary beverages. <a href="#">3 Lesson 18</a>	<b>4.PCW.2</b> Create a healthy meal plan based on USDA guidelines. <a href="#">4 Lesson 19</a>	<b>5.PCW.2</b> Describe The pros and cons of drinking various types of beverages (milk, juice, water, etc.). <a href="#">Covered in detail in Gr 3, Lesson 18; can be addressed in 5 Lesson 18 or 19</a>

HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Personal and Community Wellness						
Subcomponent : Physical Activity						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
PCW.3	<b>K.PCW.3</b> Identify the importance of participating in the recommended one hour of daily physical activity and importance of sleep. <a href="#">K Lesson 24</a> ; <a href="#">sleep covered in Gr 1, Lesson 8</a>	<b>1.PCW.3</b> Identify physical activities used in daily life that promote healthy living. <a href="#">1 Lesson 24 (may want to enhance)</a>	<b>2.PCW.3</b> Describe the importance of choosing active versus non-active leisure activities. <a href="#">2 Lessons 20, 21</a>	<b>3.PCW.3</b> Identify personal physical activity goals needed to achieve overall wellness. <a href="#">3 Lesson 24</a>	<b>4.PCW.3</b> Identify how unhealthy food choices and physical inactivity contribute to the development of chronic diseases. <a href="#">Covered in Gr 5, Lesson 6</a>	<b>5.PCW.3</b> Implement a wellness routine (e.g., physical activity, adequate rest and sleep). <a href="#">5 Lessons 22, 23</a>
Component: Personal and Community Wellness						
Subcomponent : Community and Environment						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
PCW.4 <i>Note: HealthSmart does not cover environmental health</i>	<b>K.PCW.4</b> Identify items that you can reduce/reuse/recycle. <a href="#">Not covered</a>	<b>1.PCW.4</b> Identify the importance of reduce/reuse/recycle practices. <a href="#">Not covered</a>	<b>2.PCW.4</b> Identify steps you can take to reduce/reuse/recycle in your home. <a href="#">Not covered</a>	<b>3.PCW.4</b> Describe different types of pollution and their environmental effects. <a href="#">Not covered</a>	<b>4.PCW.4</b> Identify ways the environment affects a person's physical health. <a href="#">Not covered</a>	<b>5.PCW.4</b> Identify resources and facilities in the community that promote healthy living. <a href="#">Not covered</a>

HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Emotional Wellness Subcomponent: Mental Health						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
EW.1	K.EW.1 Explain that feelings can be expressed in different ways. K Lesson 2	1.EW.1 Define choices and consequences. Decision making is introduced in Gr 2	2.EW.1 Explain what it means to be emotionally and mentally healthy. Covered in Gr 3, Lesson 1	3.EW.1 Evaluate various influences on decision making. 3 Lesson 13, Lesson 26	4.EW.1 Identify the positive ways that peers and family members show support, care, and appreciation for one another. 4 Lesson 4, 6	5.EW.1 Identify positive and negative stress. Covered in Gr 4, Lesson 1
Component: Emotional Wellness Subcomponent: Social Health						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
EW.2	K.EW.2 Describe and practice situations when it is appropriate to use “Please,” “Thank You,” “Excuse Me,” and “I’m Sorry.” Can be added to K Lesson 2 and/or 3	1.EW.2 Name and describe qualities and characteristics that make all individuals unique. Gr K, Lesson 1	2.EW.2 Identify the importance of developing and maintaining healthy relationships. 2 Lesson 1 (family); Gr 1, Lesson 3 (friends)	3.EW.2 Demonstrate the various ways that feelings can be expressed. 3 Lesson 2	4.EW.2 Explain how peers, family, and media influence personal thoughts, feelings, and healthy behaviors. 4 Lesson 13 (dares), 21 (drug use)	5.EW.2 Identify questions to ask during the process of making a choice (“Do I show respect for myself and others?”). 5 Lesson 29, 37

HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Emotional Wellness						
Subcomponent: Family						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
EW.3	<p><b>K.EW.3</b> Identify a trusted adult to consult before making a choice.</p> <p><i>K Lesson 3, Lesson 10</i></p>	<p><b>1.EW.3</b> Identify characteristics of a responsible family member.</p> <p><i>1 Lesson 2</i></p>	<p><b>2.EW.3</b> Identify various family structures.</p> <p><i>Covered in Gr 1, Lesson 2</i></p>	<p><b>3.EW.3</b> Identify ways children can contribute to healthy family life.</p> <p><i>3 Lesson 3</i></p>	<p><b>4.EW.3</b> Identify how changes in the family can influence emotions.</p> <p><i>4 Lesson 4; can also be covered in 4 Lesson 2 on stress</i></p>	<p><b>5.EW.3</b> Understand that cultural differences exist and influence emotions.</p> <p><i>Can be addressed in 5 Lesson 3</i></p>
Component: Disease Prevention						
Subcomponent: Blood Borne Pathogens						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
DP.1	<p><b>K.DP.1</b> Define and discuss blood borne pathogens (i.e., germs).</p> <p><i>K Lesson 6 (germs in general)</i></p>	<p><b>1.DP.1</b> Identify situations where you could come in contact with blood borne communicable pathogens (e.g., school, home, playgrounds, automobile and recreational accidents).</p> <p><i>Not covered.</i></p>	<p><b>2.DP.1</b> Explain the importance of finding a responsible adult when an accident occurs.</p> <p><i>Not covered</i></p>	<p><b>3.DP.1</b> Identify personal protective equipment and its main functions.</p> <p><i>Not covered; could be added in 3 Lessons 9, 10 &amp; 11</i></p>	<p><b>4.DP.1</b> Explain the importance of using personal protective equipment while attending to others who are injured.</p> <p><i>Not covered</i></p>	<p><b>5.DP.1</b> Describe and demonstrate how to properly care for an individual whose bodily fluids could contain blood borne pathogens (e.g., proper wound care, cleaning methods, and disposal).</p> <p><i>Not covered</i></p>

HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Disease Prevention						
Subcomponent: Personal Hygiene						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
DP.2	<p><b>K.DP.2</b> Identify the importance of healthy and unhealthy personal hygiene.</p> <p><a href="#">K Lesson 5, Lesson 6</a></p>	<p><b>1.DP.2</b> Explain the importance of not sharing personal hygiene items (e.g., toothbrush, combs, brushes).</p> <p><a href="#">Can add to 1 Lesson 5 or 6</a></p>	<p><b>2.DP.2</b> Identify and define common pathogens that affect personal hygiene.</p> <p><a href="#">2 Lesson 5</a></p>	<p><b>3.DP.2</b> Identify the consequences of not maintaining appropriate oral and personal hygiene.</p> <p><a href="#">3 Lesson 6 (hygiene); dental care is covered in Gr K &amp; 1</a></p>	<p><b>4.DP.2</b> Describe how personal hygiene can positively/negatively affect social interactions with peers.</p> <p><a href="#">4 Lesson 7, Lesson 26 (in relation to puberty)</a></p>	<p><b>5.DP.2</b> Describe the effects of puberty on hygiene practices.</p> <p><a href="#">5 Lessons 34, 35</a></p>
DP.3	<p><b>K.DP.3</b> Identify proper hygiene skills (e.g., hand washing, shampooing, flossing, etc.).</p> <p><a href="#">K Lesson 5, Lesson 6</a></p>	<p><b>1.DP.3</b> Demonstrate healthy personal hygiene practices (e.g., hand washing, shampooing, flossing, etc.).</p> <p><a href="#">1 Lesson 5, Lesson 6</a></p>	<p><b>2.DP.3</b> Describe ways through which common pathogens can enter the body.</p> <p><a href="#">2 Lesson 5</a></p>	<p><b>3.DP.3</b> Describe the importance of regular dental visits to maintain good oral health.</p> <p><a href="#">Covered in Gr 1, Lesson 6</a></p>	<p><b>4.DP.3</b> Identify daily hygiene needs and where products can be located (e.g., store, nurses, clinics).</p> <p><a href="#">4 Lesson 7, Lesson 26 (in relation to puberty)</a></p>	<p><b>5.DP.3</b> Identify that additional personal hygiene is needed during puberty.</p> <p><a href="#">5 Lessons 34, 35</a></p>

HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Disease Prevention						
Subcomponent: Communicable and Non-Communicable Diseases						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
DP.4	<p><b>K.DP.4</b> Identify common pathogens (i.e., germs) such as cold, flu, strep, or gastrointestinal and methods of preventing their spread.</p> <p>K Lesson 6 (germs in general)</p>	<p><b>1.DP.4</b> Identify communicable and non-communicable diseases.</p> <p>Can add to 1 Lesson 5; covered explicitly in Gr 5, Lesson 6</p>	<p><b>2.DP.4</b> Explain the differences in communicable and non-communicable diseases.</p> <p>Can add to 2 Lesson 5; covered explicitly in Gr 5, Lesson 6</p>	<p><b>3.DP.4</b> Identify the mode of transmission for various pathogens that cause communicable diseases.</p> <p>3 Lesson 6</p>	<p><b>4.DP.4</b> Identify prevention strategies for not spreading pathogens (e.g., vaccines, staying home with fever).</p> <p>Could be included in 4, Lesson 7</p>	<p><b>5.DP.4</b> Explain how viruses and bacteria affect the immune system and impact health.</p> <p>Covered in Gr 3, Lessons 6 &amp; 7</p>
Component: Safety						
Subcomponent: Social Media						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.1	<p><b>K.S.1</b> Identify examples of media and social media and how they can be linked to safety.</p> <p>Not covered</p>	<p><b>1.S.1</b> Define media sources and how they are used at home, school, and in the community.</p> <p>Not covered</p>	<p><b>2.S.1</b> Describe the basics of online safety (not disclosing personal information, not informing others you are home alone, etc.).</p> <p>Not covered</p>	<p><b>3.S.1</b> Identify how to report online bullying, threatening situations, or inappropriate content.</p> <p>3 Lesson 15 (extend to cyberbullying)</p>	<p><b>4.S.1</b> Describe ways social media can influence personal health.</p> <p>Not covered</p>	<p><b>5.S.1</b> Analyze the positive and negative influences of social media on personal and family health.</p> <p>Can be addressed in 5 Lesson 3 on communication</p>

HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Safety Subcomponent: Bullying						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.2	K.S.2 Identify positive and negative communication among peers, family, and community. K Lesson 2, Lesson 11	1.S.2 Recognize the characteristics of bullying. 1 Lesson 18	2.S.2 Identify bullying situations. 2 Lesson 14	3.S.2 Explain the importance of telling a trusted adult about a bullying situation. 3 Lesson 15	4.S.2 Differentiate between situations to accurately determine the difference between a disagreement and bullying. Covered in Gr 3, Lesson 14 and Gr 5, Lessons 7 & 8	5.S.2 Develop strategies that decrease bullying situations. 5 Lesson 9; also Lesson 12
Component: Safety Subcomponent: Sun Safety						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.3	K.S.3 Recognize that sun exposure can be harmful to your skin. Covered in Gr 1, Lesson 7 and Gr 2, Lesson 7	1.S.3 Identify proper ways to reduce sun exposure (e.g., sunscreen, long sleeves, hat, time of day). 1 Lesson 7	2.S.3 Understand the health risks that are associated with excess sun exposure. 2 Lessons 7 & 8	3.S.3 Demonstrate proper ways to reduce sun exposure (e.g., sunscreen, long sleeves, hat, time of day). Covered in Gr 2, Lessons 7 & 8	4.S.3 Describe ways to reduce sun exposure in your life and the lives of family and friends. 4 Lesson 7 & 9	5.S.3 Understand the relationship between sun exposure, tanning beds, and family history to the development of disease and illness. Not covered

HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Safety						
Subcomponent: Hazardous Substances						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.4	<p><b>K.S.4</b> Explain why medicines are used.</p> <p><a href="#">K Lesson 7</a></p>	<p><b>1.S.4</b> Describe the appropriate and inappropriate roles of medicine in keeping people healthy.</p> <p><a href="#">Covered in Gr K, Lesson 7, Gr 2, Lesson 6</a></p>	<p><b>2.S.4</b> Identify trusted adults at home and beyond who can distribute medication for its intended use.</p> <p><a href="#">2 Lesson 6</a></p>	<p><b>3.S.4</b> Identify the consequences of using tobacco products, alcohol, and other hazardous substances.</p> <p><a href="#">3 Lesson 25 (tobacco/alcohol)</a></p>	<p><b>4.S.4</b> Practice refusal skills to avoid hazardous substances.</p> <p><a href="#">4 Lessons 22, 23</a></p>	<p><b>5.S.4</b> Describe the harmful short-term and long-term effects of alcohol, tobacco, and other hazardous substances.</p> <p><a href="#">5 Lesson 24 (alcohol); see Gr 4 for tobacco lessons</a></p>
S.5	<p><b>K.S.5</b> Explain that medicine can be helpful or harmful.</p> <p><a href="#">K Lesson 7 (may want to expand)</a></p>	<p><b>1.S.5</b> Recognize the proper use of common household products (e.g., over-the-counter meds, cleaners, gas, markers).</p> <p><a href="#">Covered in Gr K, Lesson 16</a></p>	<p><b>2.S.5</b> Identify the consequences of smoking, second-hand smoking, and environmental tobacco smoke.</p> <p><a href="#">2 Lesson 23, 24</a></p>	<p><b>3.S.5</b> Identify the consequences of using hazardous substances (e.g., alcohol, tobacco).</p> <p><a href="#">3 Lesson 25 (tobacco/alcohol)</a></p>	<p><b>4.S.5</b> Predict the benefits of refusing hazardous substances and how they contribute to overall health.</p> <p><a href="#">4 Lesson 20</a></p>	<p><b>5.S.5</b> Explain how using hazardous substances (e.g., alcohol, tobacco) can adversely impact bodily systems.</p> <p><a href="#">5 Lesson 24 (alcohol); see Gr 4 for tobacco lessons</a></p>
S.6	<p><b>K.S.6</b> Explain over-the-counter medicines.</p> <p><a href="#">K Lesson 7; covered more explicitly in Gr 2, Lesson 6</a></p>	<p><b>1.S.6</b> Explain when prescription medicines should be taken.</p> <p><a href="#">Covered in Gr K Lesson 7; covered more explicitly in Gr 2, Lesson 6</a></p>	<p><b>2.S.6</b> Describe potential risks associated with use of over-the-counter medicines.</p> <p><a href="#">2 Lesson 6</a></p>	<p><b>3.S.6</b> Identify family and school rules about medicine use.</p> <p><a href="#">3 Lesson 8</a></p>	<p><b>4.S.6</b> Explain how to read a label.</p> <p><a href="#">Covered in Middle School</a></p>	<p><b>5.S.6</b> Explain how to understand dosage.</p> <p><a href="#">Covered in Middle School</a></p>

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HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Safety Subcomponent: Hazardous Substances (continued)						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.7	<p><b>K.S.7</b> Explain prescription medicines.</p> <p><i>K Lesson 7; covered more explicitly in Gr 2, Lesson 6</i></p>	<p><b>1.S.7</b> Demonstrate effective ways to say “no” when offered medicine or other drugs by someone other than a trusted adult.</p> <p><i>Can add to Gr. K Lesson 7 and/or Gr 2, Lesson 6</i></p>	<p><b>2.S.7</b> Describe harmful effects of the misuse and abuse of prescription medicines.</p> <p><i>2 Lesson 6</i></p>	<p><b>3.S.7</b> Explain the different meanings of the word “drug.”</p> <p><i>3 Lesson 25</i></p>	<p><b>3.S.7</b> Describe proper storage and disposal of prescription medicines.</p> <p><i>Not covered</i></p>	<p><b>5.S.7</b> Describe opioids, how they are used, and the dangers of misuse and abuse of opioids.</p> <p><i>Not covered (supplemental lessons specifically on opioids are in development)</i></p>
Component: Safety Subcomponent: Personal/Physical Safety (Child)						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.8	<p><b>K.S.8</b> Distinguish between emergency and non-emergency situations.</p> <p><i>K Lesson 18</i></p>	<p><b>1.S.8</b> Discuss the importance of safety rules in home, school, and the community.</p> <p><i>1 Lesson 10, 11, 12, 13, 14, 15, 16</i></p>	<p><b>2.S.8</b> Identify ways to reduce the risk of injuries and death from injury.</p> <p><i>2 Lessons 9, 10, 11, 12, 13</i></p>	<p><b>3.S.8</b> Demonstrate appropriate choices related to reducing unintentional injuries.</p> <p><i>3 Lessons 10, 11</i></p>	<p><b>4.S.8</b> List common injury risks for children (e.g., motor vehicles, fires, flames, drowning, handgun injuries, falls, poisonings, chokings, suffocation, strangulation, and bike/pedestrian injuries).</p> <p><i>4 Lesson 11</i></p>	<p><b>5.S.8</b> Identify first aid techniques.</p> <p><i>HealthSmart does not cover first aid.</i></p>

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HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Safety Subcomponent: Personal/Physical Safety (Child) <i>(continued)</i>						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.9	<p><b>K.S.9</b> Distinguish between appropriate and inappropriate touching. Covered in Gr 1, Lesson 20</p>	<p><b>1.S.9</b> Report when someone is injured or ill to a responsive caregiver. 1 Lesson 17 (911); also covered in Gr K Lessons 7, 8, 18</p>	<p><b>2.S.9</b> Discuss the meaning of basic safety-related signs, symbols, and warning labels. Not covered; could add relevant signs, etc., to each particular safety lesson</p>	<p><b>3.S.9</b> Describe appropriate actions for emergency and non-emergency situations. Can be addressed in 3 Lessons 9, 10 &amp; 11</p>	<p><b>4.S.9</b> Describe methods to prevent common injuries in children. 4 Lessons 11, 12</p>	<p><b>5.S.9</b> Demonstrate first aid techniques. <i>HealthSmart does not cover first aid.</i></p>
S.10	<p><b>K.S.10</b> Identify ways to stay safe when crossing the street, riding a bike, and playing. K Lessons 12, 13, 14, 16, 17; bike safety covered specifically in Gr 2, Lesson 12</p>	<p><b>1.S.10</b> Identify proper backpack carrying guidelines. Not covered</p>	<p><b>2.S.10</b> Identify basic weather-related emergency guidelines. Covered in Gr 1, Lesson 7</p>	<p><b>3.S.10</b> Identify the importance of having a home safety plan for various emergency situations. Fire safety covered in Gr 1; will need to add to safety smart lessons in Gr 3</p>	<p><b>4.S.10</b> Demonstrate different methods of safe routes from emergency situations in home, school, and the community. Could be addressed in 4 Lesson 12 if part of student's safety plan</p>	<p><b>5.S.10</b> Compare and contrast the benefits and consequences of safety preparation when faced with an emergency situation. Not covered</p>

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HealthSmart Alignment with Tennessee Health Education Standards Grades K–5

Component: Safety Subcomponent: Personal/Physical Safety (Child) <i>(continued)</i>						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.11	<p><b>K.S.11</b> Identify threats to personal safety.</p> <p><a href="#">K Lesson 10</a></p>	<p><b>1.S.11</b> Recognize situations that need to be reported to a trusted adult.</p> <p><a href="#">1 Lesson 15 (fire), Lesson 17 (emergencies)</a></p>	<p><b>2.S.11</b> Identify skills used for protection to maximize personal safety.</p> <p><a href="#">Covered in Gr 1, Lesson 20 and Gr 3, Lesson 16</a></p>	<p><b>3.S.11</b> Identify refusal skills when in personal safety situations (e.g., a clear “No” statement, walk/run away, change subject, delay).</p> <p><a href="#">3, Lesson 16</a></p>	<p><b>4.S.11</b> Identify resource persons in schools and the community and know how to seek help from them.</p> <p><a href="#">Could be addressed in 4 Lesson 12 if part of student’s safety plan</a></p>	<p><b>5.S.11</b> Differentiate between situations which need peer support and those which need adult help.</p> <p><a href="#">5 Lesson 38</a></p>
Component: Human Growth and Development Subcomponent: Body						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
HGD.1	<p><b>K.HGD.1</b> Identify the basic body parts.</p> <p><a href="#">K Lesson 4</a></p>	<p><b>1.HGD.1</b> Identify the functions of the human body systems.</p> <p><a href="#">Not covered</a></p>	<p><b>2.HGD.1</b> Explain the importance of the basic body systems.</p> <p><a href="#">Not covered</a></p>	<p><b>3.HGD.1</b> Describe the types of basic human parts.</p> <p><a href="#">Not covered</a></p>	<p><b>4.HGD.1</b> Compare functions of the human body systems.</p> <p><a href="#">Not covered other than reproductive</a></p>	<p><b>5.HGD.1</b> Explain how health is influenced by the interaction of human body systems.</p> <p><a href="#">Not covered other than reproductive</a></p>