

HealthSmart Alignment with Tennessee Health Education Standards

Grades K–5

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

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

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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

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Component: Emotional Wellness						
Subcomponent: Family						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
EW.3	<p>K.EW.3 Identify a trusted adult to consult before making a choice.</p> <p><i>K Lesson 3, Lesson 10</i></p>	<p>1.EW.3 Identify characteristics of a responsible family member.</p> <p><i>1 Lesson 2</i></p>	<p>2.EW.3 Identify various family structures.</p> <p><i>Covered in Gr 1, Lesson 2</i></p>	<p>3.EW.3 Identify ways children can contribute to healthy family life.</p> <p><i>3 Lesson 3</i></p>	<p>4.EW.3 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>5.EW.3 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>K.DP.1 Define and discuss blood borne pathogens (i.e., germs).</p> <p><i>K Lesson 6 (germs in general)</i></p>	<p>1.DP.1 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>2.DP.1 Explain the importance of finding a responsible adult when an accident occurs.</p> <p><i>Not covered</i></p>	<p>3.DP.1 Identify personal protective equipment and its main functions.</p> <p><i>Not covered; could be added in 3 Lessons 9, 10 & 11</i></p>	<p>4.DP.1 Explain the importance of using personal protective equipment while attending to others who are injured.</p> <p><i>Not covered</i></p>	<p>5.DP.1 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>

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

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

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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: SunSafety						
	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

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

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Component: Safety Subcomponent: Hazardous Substances (continued)						
	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S.7	<p>K.S.7 Explain prescription medicines.</p> <p><i>K Lesson 7; covered more explicitly in Gr 2, Lesson 6</i></p>	<p>1.S.7 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>2.S.7 Describe harmful effects of the misuse and abuse of prescription medicines.</p> <p><i>2 Lesson 6</i></p>	<p>3.S.7 Explain the different meanings of the word “drug.”</p> <p><i>3 Lesson 25</i></p>	<p>3.S.7 Describe proper storage and disposal of prescription medicines.</p> <p><i>Not covered</i></p>	<p>5.S.7 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>K.S.8 Distinguish between emergency and non-emergency situations.</p> <p><i>K Lesson 18</i></p>	<p>1.S.8 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>2.S.8 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>3.S.8 Demonstrate appropriate choices related to reducing unintentional injuries.</p> <p><i>3 Lessons 10, 11</i></p>	<p>4.S.8 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>5.S.8 Identify first aid techniques.</p> <p><i>HealthSmart does not cover first aid.</i></p>

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

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