



Browse **Quality Core Curriculum Standards by subject**

Subject: Health

Grade: K

Strand: Alcohol, Tobacco & Other Drugs

- 1** **Topic:** Medicines (Safety Rules)
 Standard: Names and applies basic rules for taking medicine.

- 2** **Topic:** Poison (Safety Rules)
 Standard: Practices safe behaviors when finding unknown or dangerous substances or objects (e.g., medicines, unmarked containers)

Strand: Disease Prevention

- 3** **Topic:** Hygiene
 Standard: Demonstrates the proper hand washing technique.

Strand: Family Living

- 4** **Topic:** Roles
 Standard: Identifies family members and their responsibilities.

- 5** **Topic:** Roles
 Standard: Discusses different ways children can contribute to and benefit from their families.

Strand: Growth and Development

- 6** **Topic:** Growth Patterns
 Standard: Identifies the human growth patterns of height and weight.

- 7** **Topic:** Physical Characteristics
 Standard: Compares individual differences and similarities in terms of physical characteristics.

- 8** **Topic:** Skin
 Standard: Relates how personal health practices affect the functions of the skin (nutrition and hygiene).

- 9** **Topic:** Skin
 Standard: Identifies the parts and major functions of the skin.

Strand: Mental Health

- 10** **Topic:** Personal Respect

Standard: Illustrates knowledge that everyone is unique and special.

- 11** **Topic:** Self-Management
Standard: Recognizes that there are consequences to actions and behaviors.
- 12** **Topic:** Stress Management
Standard: Practices appropriate skills to manage anxiety and reduce stress.
- 13** **Topic:** Self-Management
Standard: Recognizes emotions and appropriate ways to express them (including effective and ineffective ways to handle anger).

Strand: Nutrition

- 14** **Topic:** Foods
Standard: Identifies various foods by name.
- 15** **Topic:** Foods
Standard: Selects nutritious foods that contribute to good health.
- 16** **Topic:** Food Origins
Standard: Recognizes agricultural origins of common foods.

Strand: Personal Health

- 17** **Topic:** Body Parts
Standard: Identifies parts of the body and explains how they work.
- 18** **Topic:** Senses
Standard: Identifies the five senses and explains ways to protect the body parts related to them.
- 19** **Topic:** Hygiene
Standard: Recognizes the importance of basic personal hygiene habits required to maintain health and prevent illness or disease (e.g., proper hand washing and caring for teeth, gums, eyes, ears, nose, skin, hair and nails).
- 20** **Topic:** Germs
Standard: Recognizes that germs can cause sickness.
- 21** **Topic:** Germs
Standard: Describes how germs are passed.
- 22** **Topic:** Decision Making
Standard: Describes how personal health decisions can affect self and others.

Strand: Safety

- 23** **Topic:** Environmental Safety
Standard: Recognizes safe practices experienced in the home, at school, on the playground, in and around motor vehicles, on the street, in aquatic environments and around animals.
- 24** **Topic:** Violence Prevention
Standard: Identifies threats to personal safety (e.g., child abuse, neglect, and emotional abuse).
- 25** **Topic:** Resources

Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend and counselor).

26

Topic: Dangers

Standard: Demonstrates knowledge of dangers and precautions that should be taken in special conditions (e.g., bad weather, staying home alone, fire, being approached by strangers, when lost and in darkness, etc.).

Browse **Quality Core Curriculum Standards by subject****Subject: Health****Grade: 1**Strand: Alcohol, Tobacco & Other Drugs

- 1** **Topic:** Medicines (Safety Rules)
Standard: Explains the importance of the safe and appropriate use of medicines and vitamins (e.g. adult supervision, proper dosage, proper storage and reading the expiration date).
- 2** **Topic:** Effects
Standard: Recognizes that alcohol and tobacco products are drugs that harm the body in many ways.
- 3** **Topic:** Poison (Safety Rules)
Standard: Knows reasons for not eating or drinking potentially dangerous substances provided by strangers or others.

Strand: Disease Prevention

- 4** **Topic:** Exercise
Standard: Explains that exercise strengthens bones and muscles.

Strand: Growth and Development

- 5** **Topic:** Lifestyle
Standard: Explains that personal health, nutrition and safety practices affect growth and development.
- 6** **Topic:** Skeletal and Muscular System
Standard: Identifies the parts and major functions of the skeletal and muscular systems.
- 7** **Topic:** Lifestyle
Standard: Relates how personal health practices (nutrition, rest, regular checkups and disease prevention) affect the functions of the skeletal and muscular systems.

Strand: Mental Health

- 8** **Topic:** Conflict Resolution
Standard: Describes appropriate ways to handle disagreements without fighting.
- 9** **Topic:** Conflict Resolution
Standard: Identifies conflict and causes of conflict (personal and interpersonal conflict).
- 10** **Topic:** Reality
Standard: Distinguishes between fact and fiction in media representation of life events (e.g., violence, family and self-image).
- 11** **Topic:** Friendship

Standard: Explains what it means to be a friend.

12

Topic: Conflict Resolution

Standard: Demonstrates the ability to respect and cooperate with peers.

Strand: Nutrition

13

Topic: Food Selection

Standard: Recognizes the reasons people need variety, balance and moderation in selecting foods.

14

Topic: Food Guide Pyramid

Standard: Classifies foods into appropriate food groups using the food guide pyramid.

15

Topic: Breakfast

Standard: Explains the importance of a nutritious breakfast.

Strand: Personal Health

16

Topic: Dental Care

Standard: Recognizes practices for proper dental hygiene.

17

Topic: Habits

Standard: Recognizes the importance of adequate rest, sleep and exercise.

18

Topic: Hygiene

Standard: Explains reasons for keeping clean and well groomed.

19

Topic: Checkups

Standard: Recognizes the importance of regular health checkups.

20

Topic: Germs

Standard: Recognizes that there are different kinds of germs that cause different sicknesses.

21

Topic: Communicable Diseases

Standard: Describes how some sicknesses are passed from one person to another.

Strand: Safety

22

Topic: Accident Prevention

Standard: Demonstrates ways to prevent and respond to accidents in and around the home.

23

Topic: Emergency Procedures

Standard: Demonstrates correct emergency procedures in response to natural disasters.

24

Topic: Accident Prevention

Standard: Differentiates between safe and unsafe practices when: riding in a car, riding a bicycle, playing on a playground, in aquatic environments or other outdoor environments.

25

Topic: Violence Prevention

Standard: Identifies threats to personal safety (e.g., child abuse, physical abuse, neglect and emotional abuse).

26

Topic: Resources

Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, and counselor).

Browse **Quality Core Curriculum Standards by subject****Subject: Health****Grade: 2**Strand: Alcohol, Tobacco & Other Drugs

- 1** **Topic:** Pressures
Standard: Discusses how to resist peer and media pressures to use alcohol, tobacco products, and other drugs.
- 2** **Topic:** Effects
Standard: Describes the harmful effects of alcohol and tobacco products on the health of a user and nonuser.
- 3** **Topic:** Persuasion
Standard: Interprets the persuasive influences of advertising, peer groups and adults.

Strand: Family Living

- 4** **Topic:** Coping Strategies
Standard: Explores effective strategies to cope with changes that may occur in families (pregnancy, birth, death, marriage, divorce, relocation and unemployment).
- 5** **Topic:** Roles
Standard: Explains the roles of parents and the extended family in supporting a strong family and promoting the health of children (e.g., the limits parents set for children, the values or religious beliefs parents teach, behaviors and values parents model).

Strand: Growth and Development

- 6** **Topic:** Heredity and Environment
Standard: Explains the effects of heredity and environment on growth and development.
- 7** **Topic:** Dental
Standard: Distinguishes between primary and permanent teeth.

Strand: Mental Health

- 8** **Topic:** Persuasion
Standard: Analyzes outside influences that can affect personal health decisions (e.g., TV, and peer pressure).
- 9** **Topic:** Personal Respect
Standard: Identifies the right to differ from others in many ways (Note: Does not include discussion about sexual orientation).
- 10** **Topic:** Personal Respect
Standard: Demonstrates ways to show respect for others (Note: Does not include discussion about sexual orientation).
- 11**

Topic: Decision Making

Standard: Defines and/or describes the relationship between choices and consequences.

12

Topic: Attitudes

Standard: Relates how positive and negative attitudes influence behavior.

13

Topic: Friendships

Standard: Analyzes consequences of healthy and harmful friendship choices.

14

Topic: Resistance Skills

Standard: Expresses the ability to assertively refuse when others want him/her to act in ways that would harm others or self.

Strand: Nutrition

15

Topic: Nutrients

Standard: Recognizes that food contains nutrients for energy, growth, and health.

16

Topic: Meal Planning

Standard: Plans a nutritious meal based on the food guide pyramid (with emphasis on fruits and vegetables).

17

Topic: Snacks

Standard: Distinguishes between nutritionally sound snacks and "junk food" (foods of minimal nutritional value).

18

Topic: Food Guide Pyramid

Standard: Identifies the serving size and numbers of daily servings needed from each food group in the food guide pyramid (with emphasis on fruits and vegetables).

Strand: Personal Health

19

Topic: Communicable Diseases

Standard: Describes the relationship between germs and communicable diseases.

20

Topic: Sanitation

Standard: Recognizes ways to prevent disease by keeping the home, school, and community clean.

21

Topic: Communicable Diseases

Standard: States and demonstrates health practices that prevent the spread of disease.

22

Topic: Communicable Diseases

Standard: Identifies and discusses noncommunicable health problems and their care in children (e.g., asthma, diabetes, sickle cell, epilepsy, etc.).

Strand: Safety

23

Topic: Emergency Procedures

Standard: Determines correct response in cases of accidents, sudden illness or hazardous weather conditions.

24

Topic: Environmental Safety

Standard: Distinguishes between safe and unsafe places to play in the home, school, and neighborhood.

25

Topic: Practices

Standard: Identifies safety skills for bicycling, skate boarding, skating, and rollerblading.

26

Topic: Violence Prevention

Standard: Identifies threats to personal safety (e.g., child abuse, physical abuse, neglect and emotional abuse).

27

Topic: Resources

Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, counselor).

Browse **Quality Core Curriculum Standards by subject****Subject: Health****Grade: 3**Strand: Alcohol, Tobacco & Other Drugs

- 1** **Topic:** Alternatives
Standard: Proposes healthy and enjoyable alternatives to using alcohol, tobacco products, and other drugs.
- 2** **Topic:** Consequences
Standard: Assesses the physical, mental, and social consequences of using alcohol, tobacco products, and other drugs.
- 3** **Topic:** Decision Making
Standard: Applies the decision-making steps to avoid threatening situations.

Strand: Disease Prevention

- 4** **Topic:** Heart/Lung
Standard: Discusses circulatory and respiratory diseases/illnesses (e.g., tuberculosis, heart disease, stroke, emphysema, obesity, hypertension, asthma, bronchitis, ear infection, and lung cancer) and discusses methods of prevention.

Strand: Family Living

- 5** **Topic:** Cooperation
Standard: Examines ways family members can work together to accomplish a task and resolve conflict.
- 6** **Topic:** Communication
Standard: Recognizes the importance of discussing health issues with one's family.

Strand: Growth and Development

- 7** **Topic:** Circulatory and Respiratory System
Standard: Identifies the parts of the circulatory and respiratory systems and summarizes how they work.
- 8** **Topic:** Lifestyle
Standard: Relates personal health choices (involving nutrition, alcohol, tobacco products, and other drugs, and disease prevention) to the functions of the circulatory and respiratory systems.

Strand: Mental Health

- 9** **Topic:** Communication
Standard: Demonstrates how listening skills can be used to build and maintain healthy relationships.

- 10** **Topic:** Self-Concept
Standard: Explains why accepting responsibility and making positive choices (e.g., do legal things, don't steal, don't cheat) help develop a healthy self-concept.
- 11** **Topic:** Stress Management
Standard: Recognizes causes of stress and applies effective problem-solving skills (e.g., deep breathing, exercising, talking to someone, and organization).
- 12** **Topic:** Resistance Skills
Standard: Discusses the importance of refusing assertively (e.g., drugs, strangers).
- 13** **Topic:** Communication
Standard: Demonstrates nonverbal communication.

Strand: Nutrition

- 14** **Topic:** Food Choices
Standard: Associates influence of cultural background on food choices.
- 15** **Topic:** Calories
Standard: Explains relationships among food, energy, and health.

Strand: Personal Health

- 16** **Topic:** Dental Care
Standard: Explains the function and location of different types of teeth as well as proper dental care.
- 17** **Topic:** Hygiene
Standard: Demonstrates procedures for good personal grooming (emphasizing prevention, intervention, and treatment of head lice).

Strand: Safety

- 18** **Topic:** Bicycle Safety
Standard: Demonstrates knowledge of bicycle safety laws.
- 19** **Topic:** Accident Prevention
Standard: Applies appropriate accident prevention strategies when around electricity, firearms, fireworks, and water.
- 20** **Topic:** First Aid
Standard: Applies appropriate first-aid procedures for treating and reporting common injuries (e.g., wounds, choking, and poisoning).
- 21** **Topic:** Violence Prevention
Standard: Identifies threats to personal safety (e.g., child abuse, sexual and physical abuse, neglect and emotional abuse).
- 22** **Topic:** Resources
Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, and counselor).

Browse **Quality Core Curriculum Standards by subject****Subject: Health****Grade: 4**Strand: Alcohol, Tobacco & Other Drugs

- 1** **Topic:** Effects
Standard: Examines the effects of tobacco products on the respiratory and circulatory systems.
- 2** **Topic:** Effects
Standard: Examines the harmful effects of drugs such as inhalants, alcohol, hallucinogens, and marijuana.
- 3** **Topic:** Medicines (Safety Rules)
Standard: Explains the importance of safe and appropriate use of prescription and over-the-counter drugs, including vitamins.
- 4** **Topic:** Persuasion
Standard: Critiques advertisements and commercials that encourage the use of medicines, alcohol and tobacco products.

Strand: Disease Prevention

- 5** **Topic:** Digestive System
Standard: Recognizes digestive diseases/illnesses (e.g., ulcers, colon cancer, eating disorders, and diabetes) and discusses methods of prevention.

Strand: Growth and Development

- 6** **Topic:** Digestive System
Standard: Identifies the parts and major functions of the digestive system.
- 7** **Topic:** Lifestyle
Standard: Relates how personal health practices dealing with nutrition, disease prevention, alcohol, tobacco products, and other drug use affect the functions of the digestive system.

Strand: Mental Health

- 8** **Topic:** Peer Pressure
Standard: Identifies positive and negative peer pressures.
- 9** **Topic:** Peer Pressure
Standard: Explains how to assertively deal with negative peer pressure.
- 10** **Topic:** Conflict Resolution
Standard: Practices appropriate negotiation skills to resolve conflict (e.g., "I" messages, conflict resolution, active listening, restating, and effective communication skills).

11

Topic: Interpersonal Relationships

Standard: Names and practices skills that communicate care, consideration, and respect of self and others, including those with disabilities.

12

Topic: Friendships

Standard: Describes and debates consequences of healthy and harmful friendship choices.

Strand: Nutrition

13

Topic: Dietary Guidance

Standard: Identifies age-appropriate dietary guidelines.

14

Topic: Dietary Guidelines

Standard: Evaluates personal diet based on recommended dietary guidelines and the food guide pyramid.

15

Topic: Digestion

Standard: Concludes that foods must be digested before they can be used by the body.

16

Topic: Food Preparation

Standard: Recognizes the role of proper food storage and preparation in the prevention of illness.

Strand: Personal Health

17

Topic: Lifestyle

Standard: Relates the influence of rest, food choices, exercise, sleep, and recreation on a person's well being.

18

Topic: Lifestyle

Standard: Sets a personal health goal based on an individual health risk assessment, and makes progress toward its achievement.

Strand: Safety

19

Topic: Accident Prevention

Standard: Predicts the consequences of individual behavior related to accidents and injuries.

20

Topic: Emergency Planning

Standard: Formulates a responsible personal safety plan for emergencies that occur in the home and/or school.

21

Topic: Violence Prevention

Standard: Identifies threats to personal safety (e.g., child abuse, sexual and physical abuse, neglect and emotional abuse).

22

Topic: Resources

Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, counselor).

Browse **Quality Core Curriculum Standards by subject****Subject: Health****Grade: 5**Strand: Alcohol, Tobacco & Other Drugs

- 1** **Topic:** Effects
Standard: Summarizes the dangers of taking medicines or drugs.
- 2** **Topic:** Terms
Standard: Discusses terms: side effect, overdose, dependence, tolerance, addiction, drug misuse, drug abuse, legal, and illegal drugs.
- 3** **Topic:** Persuasion
Standard: Identifies ways various forms of media, such as movies, glorify drug use.
- 4** **Topic:** Resources
Standard: Locates sources of help for individuals who have problems with alcohol, tobacco products, and other drugs.
- 5** **Topic:** Health
Standard: Discusses and practices how to resist peer pressure.
- 6** **Topic:** Leadership Skills
Standard: Practices peer leadership skills by creating healthy alternatives to drug use.

Strand: Disease Prevention

- 7** **Topic:** Endocrine/Immune System
Standard: Recognizes diseases/illnesses (e.g., diabetes, growth hormone abnormalities, and hepatitis) that affect the endocrine/immune system and discusses methods of prevention.
- 8** **Topic:** Communicable and Noncommunicable Diseases
Standard: Describes the difference between communicable and noncommunicable diseases.
- 9** **Topic:** Communicable Diseases
Standard: Identifies some of the ways to prevent the spread of communicable diseases (e.g., inoculation, and quarantine).
- 10** **Topic:** Immune System
Standard: Recognizes the basic concept of how our immune system works.

Strand: Family Living

- 11** **Topic:** Puberty
Standard: Understands that the most important change of puberty is that young people become capable of childbearing.
- 12** **Topic:** Roles
Standard: Recognizes the importance of the role that both mothers and fathers play in the nurturing, guidance, care and support of a child.

- 13** **Topic:** Parental Responsibilities
Standard: Recognizes that having a child involves a commitment on the part of both mother and father to nurture, guide, care for and support the child.

Strand: Growth and Development

- 14** **Topic:** Endocrine System
Standard: Identifies the parts and major functions of the endocrine system.
- 15** **Topic:** Lifestyle
Standard: Relates how personal health practices affect the functions of the endocrine system.
- 16** **Topic:** Puberty
Standard: Describes the changes that occur during puberty (physical, emotional, and social).

Strand: Mental Health

- 17** **Topic:** Stress
Standard: Defines stress and identifies its causes and physiological and psychological effects.
- 18** **Topic:** Stress Management
Standard: Demonstrates and/or proposes ways to manage stress and adapt to change.

Strand: Nutrition

- 19** **Topic:** Food Labels
Standard: Interprets USDA nutritional facts on food labels.
- 20** **Topic:** Nutrients
Standard: Determines the functions and sources of each of the six nutrients (carbohydrates, proteins, fats, vitamins, minerals, and water).
- 21** **Topic:** Marketing Strategies
Standard: Distinguishes between fact, fiction, and opinion about nutrition and discusses how marketing affects our perceptions of the facts.
- 22** **Topic:** Dietary Imbalance
Standard: Explains dietary disorders and health problems associated with nutrient deficiencies and excesses.
- 23** **Topic:** Dietary Guidelines
Standard: Creates a one-day food plan based on the food guide pyramid and the USDA dietary guidelines.

Strand: Personal Health

- 24** **Topic:** Heart Health
Standard: Describes risk factors for heart disease and proposes strategies for their prevention and techniques for controlling them.
- 25** **Topic:** Hygiene
Standard: Develops strategies and skills for maintaining an adequate level of personal hygiene, emphasizing changes during puberty.

Strand: Safety

26 **Topic:** First Aid

Standard: Applies appropriate first-aid procedures to common injuries occurring in the home, school and community (e.g., proper responses to breathing and choking problems, bleeding, shock, poisoning, and minor burns, and universal precautions to be taken when dealing with other people's blood).

27 **Topic:** Violence Prevention

Standard: Identifies threats to personal safety (e.g., child abuse, sexual and physical abuse, neglect and emotional abuse).

28 **Topic:** Resources

Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, and counselor).