

***HealthSmart* Alignment with
Idaho Content Standards
Health Education**

Grades K–5

Grades K–2	HealthSmart (Grade – Lesson)
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
K-2.H.1.1.1 Identify that healthy behaviors affect personal health.	K – 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30 1 – 1, 2, 3, 4, 5, 6, 7, 8, 18, 21, 22, 23, 24, 25, 26, 27 2 – 1, 2, 3, 4, 5, 6, 7, 8, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
K-2.H.1.1.2 Recognize that there are multiple dimensions of health (e.g., emotional, mental, physical, and social).	2 – 2
K-2.H.1.1.3 Describe ways to prevent communicable diseases.	K – 6 1 – 5 2 – 5
K-2.H.1.1.4 List ways to prevent common childhood injuries.	K – 13, 14, 15, 16, 17, 18 1 – 7, 9, 10, 11, 12, 13, 14, 15, 16, 20 2 – 9, 10, 11, 12, 13
K-2.H.1.1.5 Describe why it is important to seek health care.	K – 7, 8 2 – 6
K-2.H.1.1.6 Describe the impact of health behaviors on body systems.	K – 25, 26, 27 1 – 25, 26 2 – 20, 21, 23, 24
Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health and behavior.	
K-2.H.2.1.1 Identify how the family influences personal health practices and behaviors.	K – 3 1 – 2, 27, 29 2 – 1
K-2.H.2.1.2 Identify ways to locate school and community health helpers.	K – 7, 8, 9, 10, 11 1 – 17 2 – 4, 14, 25
K-2.H.2.1.3 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.	
K-2.H.3.1.1 Identify trusted adults and professionals who can help promote health.	K – 3, 7, 8, 9, 10, 11, 18, 22 1 – 1, 9, 11, 18, 29 2 – 4, 14, 25
K-2.H.3.1.1 Identify ways to locate school and community health helpers.	K – 7, 8, 9, 10, 11 1 – 17 2 – 4, 14, 25

Grades K–2 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
K-2.H.4.1.1 Demonstrate healthy ways to express needs, wants, and feelings.	K – 1, 2, 3, 9, 10 1 – 29 2 – 4
K-2.H.4.1.2 Demonstrate listening skills to enhance health.	K – 1
K-2.H.4.1.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.	K – 10, 11, 18, 29 1 – 16, 17, 18, 20 2 – 15
K-2.H.4.1.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	K – 19 1 – 17, 20 2 – 15
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
K-2.H.5.1.1 Identify situations when a health-related situation is needed.	K – 20, 21, 28 2 – 9, 10, 11, 12, 26
K-2.H.5.1.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	K – 20 2 – 26
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
K-2.H.6.1.1 Identify a short-term personal health goal and take action towards achieving the goal.	K – 5, 6, 23, 25 1 – 8, 23 2 – 13, 19, 21
K-2.H.6.1.2 Identify who can help when assistance is needed to achieve a personal health goal.	K – 5, 6, 23, 25 1 – 23 2 – 13, 19, 21
Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
K-2.H.7.1.1 Demonstrate healthy practices and behaviors to maintain or improve personal health (e.g., reducing spread of germs, encouraging healthy food behavior and physical activity).	K – 1, 5, 6, 21, 22, 23, 24, 25 1 – 5, 6, 8, 21, 22, 23, 24, 25 2 – 5, 16, 17, 19, 20, 21, 22, 26
K-2.H.7.1.2 Demonstrate behaviors that avoid or reduce health risks.	K – 2, 13, 14, 15, 16, 17, 19, 29 1 – 7, 10, 12, 16, 17 2 – 3
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
K-2.H.8.1.1 Make requests to promote personal health.	K – 3, 7, 29 1 – 19, 28, 29 2 – 15, 16, 25
K-2.H.8.1.2 Encourage family and peers to make positive health choices.	K – 11, 25, 28, 30 1 – 3, 12, 19, 22, 28 2 – 8, 15, 16, 23, 26

Grades 3–5	HealthSmart (Grade – Lesson)
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
3-5.H.1.1.1 Describe the relationship between healthy behaviors and personal health.	3 – 1, 2, 3, 4, 5, 6, 7, 8, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28 4 – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17, 18, 19, 20, 21, 25, 26, 28 5 – 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
3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.	3 – 1 5 – 1
3-5.H.1.1.3 Describe ways in which a safe and healthy school and community environment can promote personal health.	3 – 9, 10, 11, 13, 14, 15 4 – 11 5 – 36
3-5.H.1.1.4 Describe ways to prevent common childhood injuries and health problems (e.g., secondhand smoke/vapors from vaping) .	3 – 9, 10, 11, 16, 26 4 – 3, 10, 11, 12, 14, 15, 20, 24 5 – 9, 10, 11, 12, 29, 30
3-5.H.1.1.5 Describe why it is important to seek health care.	3 – 8
3-5.H.1.1.6 Describe the impact of health behaviors on body systems.	3 – 23, 25 4 – 8, 18, 20 5 – 21, 24, 34, 35
Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health and behavior.	
3-5.H.2.1.1 Describe how the family influences personal health practices and behaviors.	3 – 3, 21 4 – 21 5 – 2, 19, 30, 33
3-5.H.2.1.2 Identify the influences of culture on health practices and behaviors.	3 – 21 4 – 21 5 – 19, 36
3-5.H.2.1.3 Identify how peers can influence healthy and unhealthy behaviors.	3 – 4, 21, 27, 28 4 – 13, 21 5 – 2, 7, 11, 19, 26, 30
3-5.H.2.1.4 Describe how the school and community can support personal health practices and behaviors.	3 – 15 4 – 11 5 – 9
3-5.H.2.1.5 Explain how media influences thoughts, feelings, and health behaviors.	3 – 21, 28 4 – 21 5 – 14, 27, 30
3-5.H.2.1.6 Describe ways that technology can influence personal health.	3 – 14 5 – 7, 8

Grades 3–5 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.	
3-5.H.3.1.1 Identify characteristics of valid health information, products, and services.	4 – 20 5 – 4, 38
3-5.H.3.1.2 Locate resources from home, school, and community that provide valid health information.	3 – 1 4 – 6, 20, 27 5 – 4, 5, 13, 31, 38
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
3-5.H.4.1.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	3 – 4, 29 5 – 3
3-5.H.4.1.2 Demonstrate refusal skills that avoid or reduce health risks.	3 – 16, 29 4 – 13, 22, 23 5 – 28
3-5.H.4.1.3 Demonstrate nonviolent strategies to manage or resolve conflict.	4 – 14, 15
3-5.H.4.1.4 Demonstrate how to ask for assistance to enhance personal health.	3 – 15, 16 4 – 6, 15, 27 5 – 31
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
3-5.H.5.1.1 Identify health-related situations that might require a thoughtful and informed decision.	3 – 13, 26 4 – 14, 28 5 – 12, 29
3-5.H.5.1.2 Analyze when assistance is needed when making a health-related decision.	3 – 13, 26 4 – 14, 28 5 – 12, 29
3-5.H.5.1.3 List healthy options to health-related issues or problems.	3 – 13, 26 4 – 28 5 – 29
3-5.H.5.1.4 Predict the potential outcomes of each option when making a health-related decision.	3 – 13, 26 4 – 28 5 – 29
3-5.H.5.1.5 Choose a healthy option when making a health-related decision.	3 – 13, 26 4 – 28 5 – 29
3-5.H.5.1.6 Describe the outcomes of a health-related decision.	3 – 26 5 – 29, 30, 37

Grades 3–5 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
3-5.H.6.1.1 Set a personal health goal and track progress toward its achievement.	3 – 12, 22, 24 4 – 9, 19 5 – 22, 23
3-5.H.6.1.2 Identify resources to assist in achieving a personal health goal.	3 – 12, 22, 24 4 – 9, 19 5 – 22, 23, 30
Standard 7: Students demonstrate the ability to health-enhancing behaviors and avoid or reduce health risks.	
3-5.H.7.1.1 Identify responsible personal health behaviors	3 – 9, 11, 14 4 – 4, 12 5 – 25, 26, 30, 33
3-5.H.7.1.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	3 – 4, 18, 22, 24 4 – 9, 19 5 – 3, 6, 23
3-5.H.7.1.3 Demonstrate a variety of behaviors that avoid or reduce health risks.	3 – 6, 12, 16, 29 4 – 3, 5, 13, 15, 23 5 – 9, 12, 19, 28
Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.	
3-5.H.8.1.1 Express opinions and give accurate information about health issues.	3 – 7, 10, 11, 15 4 – 20, 24, 25, 26 5 – 9, 15, 27, 36
3-5.H.8.1.2 Encourage others to make positive health choices.	3 – 7, 11, 15, 29 4 – 20, 24, 26 5 – 9, 15, 27, 36