

**HealthSmart  
Alignment  
with Kansas  
Health  
Education  
Standards**



**GRADES  
K-5**

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
<b>Students will know, comprehend, apply, analyze, synthesize and/or evaluate:</b>			
<b>Human Sexuality and Relationships</b>			
2.1 Stages of growth and development			<b>2</b>
2.2 Body parts and their functions	<b>4, 24</b>		
2.3 Five senses	Not covered		
2.4 Similarities and differences as individuals and families	<b>1</b>	<b>2</b>	<b>1</b>
2.5 Adapting to changes within families			<b>1</b>
2.6 Responsibilities/roles of family members		<b>2</b>	<b>1</b>
<b>Injury Prevention and Safety</b>			
2.1 Safety rules and laws (ex. – seat belts, helmets, crossing the street, sunscreen, fire safety, etc.)	<b>12, 13, 14, 15, 16, 17</b>	<b>10, 11, 12, 13, 14, 15, 16</b>	<b>9, 10, 11, 12</b>
2.2 Emergency and non-emergency situations	<b>18, 19</b>	<b>17</b>	
2.3 Refusal skills and decision making, to reduce accidents and injuries	<b>10, 20</b>	<b>9, 11</b>	<b>9, 10, 11, 12</b>
2.4 Responding to unwanted, threatening, or dangerous situations	<b>10, 11, 18, 29</b>	<b>16, 17, 18, 20</b>	<b>14, 15</b>
2.5 Strategies to report verbal, mental and physical harm	<b>11, 18, 19</b>	<b>17, 18, 20</b>	<b>14, 15</b>
2.6 Conflict resolution steps	Covered specifically in Grade 4		
2.7 Dangers of poisons	<b>16</b>		
<b>Mental and Emotional Health</b>			
2.1 Healthy ways to communicate needs, wants, and feelings	<b>1, 2, 3, 9, 10, 29</b>	<b>4, 29</b>	<b>3, 4, 25</b>
2.2 Communicating care, consideration, and respect	<b>1, 3, 11</b>	<b>3</b>	<b>2</b>
2.3 Development of coping skills	<b>2, 3, 20</b>	<b>4, 11</b>	<b>2, 3, 4</b>
2.4 Positive body images and self-esteem	<b>1, 24</b>	<b>3, 24</b>	<b>2, 20</b>
2.5 Bullying/harassment prevention	<b>11</b>	<b>18</b>	<b>14, 15</b>
<b>Nutrition</b>			
2.1 Digestion	<b>21</b> [hungry vs full] Digestive system not covered		
2.2 Role of food and nutrients in providing energy	<b>21, 22, 23</b>	<b>21, 22</b>	<b>16, 17, 18</b>
2.3 Balanced diet	<b>21, 22, 23</b>	<b>21, 22</b>	<b>16, 17, 18</b>
2.4 Impact of food choices	<b>21, 22, 23</b>	<b>21</b>	<b>16, 17, 18</b>
2.5 Food groups	<b>22</b>	<b>21, 22</b>	<b>17, 18</b>
	[Healthy foods in general; MyPlate food groups instruction begins in Grade 4]		
2.6 Daily requirements for water	<b>23</b>	<b>22</b>	<b>16</b>

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
<b>Nutrition</b> (continued)			
2.7 Safe food-handling practices	Covered in Middle School		
2.8 Relationship between exercise and nutrition	<b>24, 25</b>	<b>24, 25</b>	<b>20, 21</b>
	[Physical activity benefits, goals; relationship of nutrition/activity covered in Middle School]		
<b>Personal Health</b>			
2.1 Functions of major body organs	Not covered		
2.2 Maintaining clean skin, hair, teeth and clothes	<b>5, 6</b>	<b>5, 6</b>	<b>5, 7, 8</b>
2.3 Heart-healthy activities and the benefits of exercise	<b>24, 25</b>	<b>24, 25</b>	<b>20, 21</b>
2.4 Importance of personal health and to seek health care	<b>7, 8, 9</b>		<b>7, 8</b>
2.5 Healthy and unhealthy behaviors impact personal health and self-worth	<b>1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30</b>	<b>1, 2, 3, 4, 5, 6, 7, 8, 18, 21, 22, 23, 24, 25, 26, 27</b>	<b>1, 2, 3, 4, 5, 6, 7, 8, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26</b>
<b>Prevention &amp; Control of Disease</b>			
2.1 Health plan for germ protection for disease prevention	<b>6</b>	<b>5</b>	<b>5</b>
2.2 Common childhood illnesses and symptoms	<b>7</b>		
2.3 Communicable and non-communicable illnesses	<b>6</b>	<b>5</b>	<b>5</b>
2.4 Roles of the body and medicines in preventing germs	<b>6, 7</b>	<b>5</b>	<b>5, 6</b>
2.5 Relationship between nutrition, exercise and disease prevention	Covered in Grades 3–5		
2.6 Types of germs and transmissions	Not covered		
2.7 Purpose of immunizations	Not covered		
2.8 Importance of routine check-ups	Can be addressed in:		
	<b>7</b>	<b>6</b>	<b>6</b>
<b>Substance Use and Abuse &amp; Addiction</b>			
2.1 Drug types and dangers of each (alcohol, tobacco, other illegal drugs)	<b>26, 27, 28</b>	<b>26, 27</b>	<b>23, 24</b>
	[Tobacco is covered in Grades K–2; tobacco/alcohol in Grades 3–5]		
2.2 Helpful and harmful drugs	<b>7</b> [medicines], <b>26, 27</b> [tobacco]	<b>26, 27</b> [tobacco]	<b>6</b> [medicines], <b>23, 24</b> [tobacco]
2.3 Appropriate use of medicine	<b>7</b>		<b>6</b>
2.4 Safe choices with medicines and drugs	<b>7, 29, 30</b>	<b>27, 28, 29</b>	<b>6, 25, 26</b>
2.5 Effects of medicines and drugs	<b>7</b> [medicines], <b>26, 27</b> [tobacco]	<b>26, 27</b> [tobacco]	<b>6</b> [medicines], <b>23, 24</b> [tobacco]
2.6 Refusal skills	Covered in Grades 3–5		

HEALTH STANDARDS	GRADE K	GRADE 1	GRADE 2
<b>Community Health</b>			
2.1 Community helpers (police, firefighters, nurses, sanitation, doctors, EMT, etc.)	<b>14</b> [crossing guard]		
2.2 Local community needs/issues/events	Not covered		
2.3 Healthy Communities (home, neighborhoods, school, etc.)	Not covered		
<b>Consumer Health</b>			
2.1 Reliable health-care products, safety professionals, and services	Not covered		
2.2 Safety rules for using medicines and health-care products	<b>7</b> [medicines]		<b>6</b> [medicines]
2.3 Interpersonal and intrapersonal influences on health choices	<b>3, 10</b>	<b>2, 27, 29</b>	<b>1</b>
<b>Environmental Health</b>			
2.1 Healthy and clean communities	<i>HealthSmart does not cover environmental health content</i>		
2.2 Reduce, reuse, recycle, and alternatives			
2.3 Types of pollution			
2.4 Environmental health hazards (air, soil, sun, water, noise, food, chemicals, etc.)			

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
<b>Students will know, comprehend, apply, analyze, synthesize and/or evaluate:</b>			
<b>Human Sexuality and Relationships</b>			
5.1 Building healthy relationships	<b>3, 4</b>		<b>2, 3</b>
5.2 Changes associated with puberty		<b>25, 26, 27</b>	<b>32, 33, 34, 35, 38</b>
5.3 Respect yourself and others	<b>3, 4, 5, 15</b>	<b>26</b>	<b>2, 3, 9, 12, 33, 36, 37</b>
5.4 Adapting to changes within families	<b>3</b>		
5.5 Stages of development		<b>25, 26</b>	<b>32, 33, 34, 35</b>
<b>Injury Prevention and Safety</b>			
5.1 Behaviors to prevent physical injury (ex. – fire safety, exercising, bicycle safety, car safety, etc.)	<b>9, 10, 11, 12, 13</b>	<b>10, 11, 12</b>	
5.2 Regularly and properly use safety equipment	<b>10, 11</b>	<b>11, 12</b>	
5.3 Proper responses to emergency situations		<b>14</b> [serious conflict]	
5.4 Refusal skills and decision making, to reduce accidents and injuries	<b>13</b>	<b>13</b>	
5.5 Basic first aid (including when to call 911, etc.)	Covered in High School [calling 9-1-1 covered in Grades K–2]		
5.6 Resources for injury prevention	<b>12, 13</b>	<b>11, 12</b>	
5.7 Safety when using the internet and other technology	Covered in Middle and High School		
5.8 Non-violent strategies to manage or resolve conflicts		<b>14, 15</b>	
<b>Mental and Emotional Health</b>			
5.1 Appropriate methods of expressing feelings	<b>2</b>	<b>4, 5, 6</b>	
5.2 Expressing wants and needs in a productive and healthy manner	<b>2, 15</b>	<b>4, 5, 6, 14, 27</b>	<b>3</b>
5.3 Care, consideration, and respect to self and others	<b>3, 4, 5, 14, 15</b>	<b>5, 14, 15, 26</b>	<b>2, 3, 7, 9, 12, 33, 36</b>
5.4 Stress management and coping skills		<b>3, 5</b>	<b>1</b>
5.5 Interpersonal and intrapersonal motivation for self-efficacy	<b>9, 11, 14</b>	<b>4, 5, 6, 12, 27, 28</b>	<b>1, 6, 15, 25, 29, 30, 33, 37, 38</b>
5.6 Relationship between body image and self-esteem	<b>5</b>		
	[Body image covered specifically in Middle and High School]		
5.7 Techniques to prevent bullying	<b>14, 15</b>		<b>7, 8, 9</b>

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
<b>Nutrition</b>			
5.1 Digestive system (basic function and organs)	Not covered		
5.2 Calories	Covered in Middle and High School		
5.3 Food groups		<b>16, 17</b>	<b>16, 17</b>
5.4 Healthy nutrition guidelines		<b>16, 17</b>	<b>16, 17, 18, 19</b>
5.5 Nutritional needs through stages of development	Not covered directly		
5.6 Food labels			<b>18</b> [Covered specifically in Middle School]
5.7 Energy and nutrients	<b>17, 19, 20</b>	<b>16, 17</b>	<b>16, 17</b>
5.8 Food health policies	Not covered		
5.9 Eating disorders/dysfunctions	Covered in Middle and High School		
5.10 Links between nutrition and illness			<b>5, 6</b>
5.11 Energy drinks	Can be addressed in:		
	<b>18</b>		<b>18</b>
5.12 Informed food selection	<b>17, 18, 19, 20, 22</b>	<b>16, 17, 19</b>	<b>16, 17, 18, 19, 22, 23</b>
5.13 Impact of food choices	<b>17, 18, 19, 20</b>	<b>16, 17</b>	<b>16, 17, 18, 19</b>
<b>Personal Health</b>			
5.1 Function and anatomy of the body systems			<b>34, 35</b> [reproductive only]
5.2 Responsible care of the body (ex. - nutrition, hygiene, exercise, etc.)	<b>6, 17, 18, 19, 20, 22, 23, 24</b>	<b>7, 8, 9, 17, 18, 19</b>	<b>5, 6, 16, 17, 20, 21, 22, 23</b>
5.3 Benefits of exercise	<b>23, 24</b>	<b>18, 19</b>	<b>20, 21, 22, 23</b>
5.4 Importance and strategies to seek personal health care	<b>8</b> [medicine use]		<b>6</b> [preventing disease]
5.5 Relationship between emotional, mental, social, and physical health	<b>1</b>		<b>1</b>
5.6 Value and impact of sleep on the body		<b>7, 9</b>	
<b>Prevention &amp; Control of Disease</b>			
5.1 Health plan for germ protection for disease prevention	<b>6, 7</b>	<b>7, 9</b>	<b>6</b>
5.2 Common allergies and illnesses, symptoms and management			<b>5</b>
5.3 Communicable and non-communicable illnesses	<b>6</b>		<b>5</b>
5.4 Roles of the body and medicines in protecting against germs	<b>6, 8</b>	<b>7</b>	<b>6</b>
5.5 Relationship between lifestyle choices and disease prevention			<b>6</b>
5.6 Bacterial, viral, and fungal infections	Not covered		
5.7 Structure and functions of the immune system	<b>Grade 5 Supplemental Lesson</b> [in relation to HIV]		

HEALTH STANDARDS	GRADE 3	GRADE 4	GRADE 5
<b>Substance Use and Abuse &amp; Addiction</b>			
5.1 Types of tobacco products and the risks of using these products	<b>25</b>	<b>20</b>	
5.2 Dangers of misuse and abuse of drugs	<b>25</b>	<b>20</b>	<b>24, 25</b>
5.3 Proper use of over the counter and prescription medicines	<b>8</b>		
5.4 Short-term and long-term effects of drugs	<b>25</b>	<b>20</b>	<b>24, 25</b>
5.5 Rules and laws for medicines and drugs	<b>8</b> [medicines]		
	[Laws covered in Middle and High School]		
5.6 Physical and psychological addictions		<b>20</b>	
5.7 Values and social behaviors in preventing drug use	<b>27, 28, 29</b>	<b>21, 22, 23, 24</b>	<b>25, 26, 27, 28, 30</b>
5.8 Resources and trusted experts on drugs and medicines		<b>20</b>	<b>30</b>
5.9 Personal strategies (assertiveness, resistance, refusal skills, and goal setting) for drug free living	<b>26, 29</b>	<b>22, 23</b>	<b>28, 29, 30</b>
<b>Community Health</b>			
5.1 Community helpers and their roles within communities	Not covered		
5.2 Local community needs/issues/events			
5.3 Structure of communities			
5.4 Individual roles in maintaining a healthy community			
<b>Consumer Health</b>			
5.1 Validity of information on health care products and services	Not covered		
5.2 Hazards and benefits of medicines and health-care products	<b>8</b> [medicines]		
5.3 Interpersonal and intrapersonal influences on health choices	<b>3, 4, 21, 27, 28</b>	<b>13, 21</b>	<b>2, 7, 11, 14, 19, 26, 27, 30, 33, 36</b>
5.4 Validity of product claims	Not covered		
<b>Environmental Health</b>			
5.1 Healthy and clean communities	<i>HealthSmart does not cover environmental health content</i>		
5.2 Reduce, reuse, recycle, and alternatives			
5.3 Types and effects of pollution			
5.4 Environmental hazards and their health risks (air, soil, sun, water, noise, food, chemicals, etc.)			