

HealthSmart Alignment with Tennessee Health Education Standards



TABLE OF CONTENTS

[Grade K](#)
[Grade 1](#)

[Grade 2](#)
[Grade 3](#)

[Grade 4](#)
[Grade 5](#)

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).

HEALTH STANDARD	GRADE K	GRADE 1	GRADE 2
Personal and Community Wellness			
Nutrition			
K.PCW.1 Identify food as a source of energy and growth.	21		
K.PCW.2 Recognize nutrient-dense foods in a list of foods that are culturally diverse.	22		
Physical Activity			
K.PCW.3 Identify the importance of participating in the recommended one hour of daily physical activity and importance of sleep.	24	8 [sleep]	
Community and Environment			
K.PCW.4 Identify items that you can reduce/reuse/recycle.	<i>HealthSmart does not cover environmental health</i>		
Emotional Wellness			
Mental Health			
K.EW.1 Recognize feelings and ways of expressing them, both in yourself and in others.	2		
Social Health			
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 2 and/or 3		
Family			
K.EW.3 Identify a trusted adult to consult before making a choice.	3, 10		
Disease Prevention			
Blood Borne Pathogens			
K.DP.1 Describe appropriate actions to take in a situation where there is an exposure to blood.	Not covered		
Personal Hygiene			
K.DP.2 Identify the importance of healthy and unhealthy personal hygiene.	5, 6		
K.DP.3 Demonstrate proper handwashing.	6		

HEALTH STANDARD	GRADE K	GRADE 1	GRADE 2
Disease Prevention (continued)			
Communicable and Non-Communicable Diseases			
K.DP.4 Identify ways to reduce the spread of pathogens ("germs").	6		
Safety			
Social Media			
K.S.1 Identify examples of media and social media and how they can be linked to safety.	Not covered		
Bullying			
K.S.2 Identify positive and negative communication among peers, family, and community.	2, 11		
Sun Safety			
K.S.3 Recognize that sun exposure can be harmful to your skin.		7	7
Hazardous Substances			
K.S.4 Explain why medicines are used.	7		
K.S.5 Explain that medicine can be helpful or harmful.	7		
Physical Safety			
K.S.6 Demonstrate behaviors that avoid or reduce health and safety risks.	10, 12, 13, 14, 15, 16, 17, 18, 19, 20		
K.S.7 Identify emergency situations (e.g., discovering a firearm, falls, poisonings) and discuss safety rules (e.g., if a firearm is discovered, leave it along, leave the area, and tell an adult).	16, 17, 18		
Passenger Safety			
K.S.8 Identify common street/traffic signs and have students practice what they are instructing within the classroom.	12, 13, 14		
Personal Safety			
K.S.9 Demonstrate behaviors that avoid or reduce health and safety risks.	10, 12, 13, 14, 15, 16, 17, 18, 19, 20		
K.S.10 Identify ways to stay safe when crossing the street, riding a bike, and playing.	12, 13, 14, 16, 17		Bike safety covered specifically in 12
Human Growth and Development			
Body			
K.HGD.1 Identify the basic body parts.	4		

HEALTH STANDARD	GRADE K	GRADE 1	GRADE 2
Personal and Community Wellness			
Nutrition			
1.PCW.1 Identify the basic food groups and examples.		21	
1.PCW.2 Describe a healthy meal using the basic food groups.		21 [healthy breakfast]	
Physical Activity			
1.PCW.3 Identify physical activities used in daily life that promote healthy living.		24	
Community and Environment			
1.PCW.4 Identify the importance of reduce/reuse/recycle practices.	<i>HealthSmart does not cover environmental health</i>		
Emotional Wellness			
Mental Health			
1.EW.1 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	20		26
Social Health			
1.EW.2 Explain the importance of demonstrating respect for the personal space and boundaries of others.		3	
Family			
1.EW.3 Explain how family influences personal health decisions and behaviors.		2, 29	
Disease Prevention			
Blood Borne Pathogens			
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).	Not covered		
Personal Hygiene			
1.DP.2 Explain the importance of not sharing personal hygiene items (e.g., toothbrush, combs, brushes).		Can add to 5 or 6	
1.DP.3 Demonstrate healthy personal hygiene practices (e.g., hand washing, shampooing, flossing, etc.).		5, 6	
Communicable and Non-Communicable Diseases			
1.DP.4 Identify communicable and non-communicable diseases.		5	
	Covered explicitly in Grade 5 - 6		

HEALTH STANDARD	GRADE K	GRADE 1	GRADE 2
Safety			
Social Media			
1.S.1 Define media sources and how they are used at home, school, and in the community.		Not covered	
Bullying			
1.S.2 Explain what to do if someone is being bullied.		18	
Sun Safety			
1.S.3 Identify proper ways to reduce sun exposure (e.g., sunscreen, long sleeves, hat, time of day).		7	
Hazardous Substances			
1.S.4 Describe the appropriate and inappropriate roles of medicine in keeping people healthy.	7		6
1.S.5 Recognize the proper use of common household products (e.g., over-the-counter meds, cleaners, gas, markers).	16		
Physical Safety			
1.S.6 Report when someone is injured or ill to a responsive caregiver.	7, 8, 18	17 [calling 911]	
1.S.7 Describe appropriate ways to respond to an unwanted, threatening, or dangerous situation.		16, 17, 18, 20	
Passenger Safety			
1.S.8 Discuss the importance of wearing your seatbelt including making sure you use all parts of the belt, don't share a seatbelt, wear it every time you are in the car and always sit in the back seat.		12	
Personal Safety			
1.S.9 Recognize situations that are a threat to personal safety, including abuse that may occur in the home.		18, 20	
1.S.10 Identify proper backpack carrying guidelines.		Not covered	
Human Growth and Development			
Body			
1.HGD.1 Identify the functions of the human body systems.		Not covered	

HEALTH STANDARD	GRADE 1	GRADE 2	GRADE 3
Personal and Community Wellness			
Nutrition			
2.PCW.1 Describe the importance of healthy meals and snacks.		17 [breakfast], 18 [snacks]	
2.PCW.2 Identify the appropriate amount of water to drink each day.		16	
Physical Activity			
2.PCW.3 Describe the importance of choosing active versus non-active leisure activities.		20, 21	
Community and Environment			
2.PCW.4 Identify steps you can take to reduce/reuse/recycle in your home.	HealthSmart does not cover environmental health		
Emotional Wellness			
Mental Health			
2.EW.1 Describe the importance of being aware of one's own feelings and being sensitive to the feelings of others.			3, 4
Social Health			
2.EW.2 Identify the importance of developing and maintaining healthy relationships.	3 [friends]	1 [family]	
Family			
2.EW.3 Identify various family structures, including adoption.	2		
Disease Prevention			
Blood Borne Pathogens			
2.DP.1 Explain the importance of finding a responsible adult when an accident occurs.	Not covered		
Personal Hygiene			
2.DP.2 Identify and define common pathogens that affect personal hygiene.			5
2.DP.3 Describe ways through which common pathogens can enter the body.			5
Communicable and Non-Communicable Diseases			
2.DP.4 Explain the differences in communicable and non-communicable diseases.			5
	Covered explicitly in Grade 5 - 6		

HEALTH STANDARD	GRADE 1	GRADE 2	GRADE 3
Safety			
Social Media			
2.S.1 Describe the basics of online safety (not disclosing personal information, not informing others you are home alone, etc.).		Not covered	
Bullying			
2.S.2 Identify bullying situations.		14	
Sun Safety			
2.S.3 Understand the health risks that are associated with excess sun exposure.		7, 8	
Hazardous Substances			
2.S.4 Identify trusted adults at home and beyond who can distribute medication for its intended use.		6	
2.S.5 Identify the consequences of smoking, second-hand smoking, vaping, and environmental tobacco smoke.		23, 24	
Physical Safety			
2.S.6 Discuss the meaning of basic safety-related signs, symbols, and warning labels.		Not covered; could add relevant signs, etc., to each particular safety lesson	
2.S.7 Identify ways to reduce the risk of injuries and death from injury.		9, 10, 11, 12, 13	
Passenger Safety			
2.S.8 Discuss the importance of being a good passenger by ensuring everyone is buckled and keeping distractions to a minimum.		10	
Personal Safety			
2.S.9 Identify skills used for protection to maximize personal safety.	20		16
2.S.10 Identify basic weather-related emergency guidelines.	7		
Human Growth and Development			
Body			
2.HGD.1 Explain the importance of the basic body systems.		Not covered	

HEALTH STANDARD	GRADE 2	GRADE 3	GRADE 4
Personal and Community Wellness			
Nutrition			
3.PCW.1 Describe the benefits of drinking water as the main fluid source.		18	
3.PCW.2 Compare examples of sugar in drinks that are commonly consumed.		18	
Physical Activity			
3.PCW.3 Identify personal physical activity goals needed to achieve overall wellness.		24	
Community and Environment			
3.PCW.4 Describe different types of pollution and their environmental effects.	HealthSmart does not cover environmental health		
Emotional Wellness			
Mental Health			
3.EW.1 Evaluate various influences on decision making.		13, 26	
Social Health			
3.EW.2 Explain and demonstrate the appropriate ways that feelings can be expressed and described.		2	
Family			
3.EW.3 Identify what a "healthy family life" might look like and how one can contribute to that.		3	
Disease Prevention			
Blood Borne Pathogens			
3.DP.1 Identify personal protective equipment and its main functions.		Could be added in 9, 10, 11	
Personal Hygiene			
3.DP.2 Identify the importance of maintaining appropriate oral and personal hygiene.		6 [hygiene]	
3.DP.3 Describe the importance of regular dental visits to maintain good oral health.	Dental care is covered in Grades K & 1		
Communicable and Non-Communicable Diseases			
3.DP.4 Identify the mode of transmission for various pathogens that cause communicable diseases.		6	

HEALTH STANDARD	GRADE 2	GRADE 3	GRADE 4
Safety			
Social Media			
3.S.1 Identify how to report online bullying, threatening situations, or inappropriate content.		15 [extend to cyberbullying]	
Bullying			
3.S.2 Explain the importance of telling a trusted adult about a bullying situation.		15	
Sun Safety			
3.S.3 Demonstrate proper ways to reduce sun exposure (e.g., sunscreen, long sleeves, hat, time of day).	7, 8		
Hazardous Substances			
3.S.4 Identify the consequences of using tobacco products, vaping, alcohol, and other hazardous substances.		25 [tobacco/alcohol]	
3.S.5 Identify the consequences of using hazardous substances (e.g., alcohol, tobacco).		25 [tobacco/alcohol]	
Physical Safety			
3.S.6 Describe appropriate actions for emergency and non-emergency situations.		Can be addressed in 9, 10, 11	
3.S.7 Demonstrate appropriate choices related to reducing unintentional injuries.		10, 11	
Passenger Safety			
3.S.8 Discuss appropriate safety restraint use as a passenger and ways to communicate best practice to others. (public transportation, rideshare and personal vehicle).		10, 11	
Personal Safety			
3.S.9 Identify refusal skills when in personal safety situations (e.g., a clear "No" statement, walk/run away, change subject, delay).		16	
3.S.10 Identify the importance of having a home safety plan for various emergency situations.		10, 11	
Human Growth and Development			
Body			
3.HGD.1 Describe the types of basic human parts.		Not covered	

HEALTH STANDARD	GRADE 3	GRADE 4	GRADE 5
Personal and Community Wellness			
Nutrition			
4.PCW.1 Use USDA guidelines to identify a variety of foods for a healthy diet.		16, 17	
4.PCW.2 Create a healthy meal plan based on USDA guidelines.		19	
Physical Activity			
4.PCW.3 Identify how unhealthy food choices and physical inactivity contribute to the development of chronic diseases.			6
Community and Environment			
4.PCW.4 Identify ways the environment affects a person's physical health.	HealthSmart does not cover environmental health		
Emotional Wellness			
Mental Health			
4.EW.1 Identify the positive ways that peers and family members show support, care, and appreciation for one another.		4, 6	
Social Health			
4.EW.2 Explain how peers, family, and media influence personal thoughts, feelings, and healthy behaviors.		13 [dares], 21 [drug use]	
Family			
4.EW.3 Identify the importance of strong family and community connections to one's mental health.		3, 4, 6	
Disease Prevention			
Blood Borne Pathogens			
4.DP.1 Explain the importance of using personal protective equipment while attending to others who are injured.	Not covered		
Personal Hygiene			
4.DP.2 Describe how personal hygiene can positively/negatively affect social interactions with peers.		7, 26	
4.DP.3 Identify daily hygiene needs and where products can be located (e.g., store, nurses, clinics).		7, 26	
Communicable and Non-Communicable Diseases			
4.DP.4 Identify prevention strategies for not spreading pathogens (e.g., vaccines, staying home with fever).		Could be included in 7	

HEALTH STANDARD	GRADE 3	GRADE 4	GRADE 5
Safety			
Social Media			
4.S.1 Describe ways social media can influence personal health.		Not covered	
Bullying			
4.S.2 Differentiate between situations to accurately determine the difference between a disagreement and bullying.	14		7, 8
Sun Safety			
4.S.3 Describe ways to reduce sun exposure in your life and the lives of family and friends.		7, 9	
Hazardous Substances			
4.S.4 Practice refusal skills to avoid hazardous substances.		22, 23	
4.S.5 Explain refusal skills and demonstrate how to refuse hazardous substances, as well the benefits from not using these types of substances.		20, 22, 23, 24	
Physical Safety			
4.S.6 Describe methods to prevent common injuries in children.		11, 12	
4.S.7 List common injury risks for children (e.g., motor vehicles, fires, flames, drowning, handgun injuries, falls, poisonings, chokings, suffocation, strangulation, and bike/pedestrian injuries).		11	
Passenger Safety			
4.S.8 Discuss the importance of riding with others, including knowing what an "experienced" driver is and the importance of not riding with anyone who has been drinking or using drugs.			31
Personal Safety			
4.S.9 Identify resource persons in schools and the community and know how to seek help from them.	Could be addressed in Grade 4 - 12 if part of student's safety plan		
4.S.10 Demonstrate different methods of safe routes from emergency situations in home, school, and the community.	Could be addressed in Grade 4 - 12 if part of student's safety plan		
Human Growth and Development			
Body			
4.HGD.1 Compare functions of the human body systems.			34, 35 [reproductive system]

HEALTH STANDARD	GRADE 3	GRADE 4	GRADE 5
Personal and Community Wellness			
Nutrition			
5.PCW.1 Identify how unhealthy food choices and physical inactivity contribute to the development of chronic diseases. (e.g., high B/P).			6
5.PCW.2 Describe the pros and cons of drinking various types of beverages (milk, juice, water, etc.).	18		18, 19
Physical Activity			
5.PCW.3 Implement a wellness routine (e.g., physical activity, adequate rest and sleep).			22, 23
Community and Environment			
5.PCW.4 Identify resources and facilities in the community that promote healthy living.	<i>HealthSmart does not cover environmental health</i>		
Emotional Wellness			
Mental Health			
5.EW.1 Identify positive and negative stress.		1	
Social Health			
5.EW.2 Identify questions to ask during the process of making a choice ("Do I show respect for myself and others?").			29, 37
Family			
5.EW.3 Understand that cultural differences exist and influence emotions.			Can be addressed in 3
Disease Prevention			
Blood Borne Pathogens			
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).	Not covered		
Personal Hygiene			
5.DP.2 Describe the effects of puberty on hygiene practices.			34, 35
5.DP.3 Identify that additional personal hygiene is needed during puberty.			34, 35
Communicable and Non-Communicable Diseases			
5.DP.4 Explain how viruses and bacteria affect the immune system and impact health.	6, 7		

HEALTH STANDARD	GRADE 3	GRADE 4	GRADE 5
Safety			
Social Media			
5.S.1 Analyze the positive and negative influences of social media on personal and family health.			Can be addressed in 3 around communication
Bullying			
5.S.2 Develop strategies that decrease bullying situations.			9, 12
Sun Safety			
5.S.3 Understand the relationship between sun exposure, tanning beds, and family history to the development of disease and illness	Not covered		
Hazardous Substances			
5.S.4 Describe the harmful short-term and long-term effects of alcohol, tobacco, and other hazardous substances.		20, 24	24 [alcohol]
5.S.5 Explain how using hazardous substances (e.g., alcohol, vaping, and tobacco) can adversely impact bodily systems.		20, 24	24 [alcohol]
Physical Safety			
5.S.6 Demonstrate first aid techniques.	<i>HealthSmart does not cover hands-on first-aid procedures</i>		
5.S.7 Identify first aid techniques.	<i>HealthSmart does not cover hands-on first-aid procedures</i>		
Passenger Safety			
5.S.8 Identify best practices of occupant safety (not being a distraction in the vehicle, normalizing booster seats and seat belts, and driver awareness in work zones, school crossing, etc.).		10, 11	
Personal Safety			
5.S.9 Differentiate between situations which need peer support and those which need adult help.			38
5.S.10 Compare and contrast the benefits and consequences of safety preparation when faced with an emergency situation.	Not covered		
Human Growth and Development			
Body			
5.HGD.1 Explain how health is influenced by the interaction of human body systems.			34, 35 [reproductive system]