

***HealthSmart* Alignment with
North Carolina
Essential Standards
for Health Education**

Grades K–5

advancing
health
equity **etr.**

Grade K

Note: Main grade level alignment is noted first. Some topics may be covered at previous or subsequent grade levels.

Mental & Emotional Health		Grade – Lesson(s)
K.MEH.1 Remember the association of healthy expression of emotions, mental health, and healthy behavior.		
K.MEH.1.1	Recognize feelings and ways of expressing them.	K – 2
K.MEH.1.2	Recall stressors and stress responses.	Can be part of discussion in K – 2 Stress covered in 4 – 1, 2, 3
K.MEH.1.3	Illustrate personal responsibility for actions and possessions.	K – 2 (managing emotions), 5 (brushing teeth), 6 (washing hands)

Personal & Consumer Health		Grade: Lesson(s)
K.PCH.1 Apply measures for cleanliness and disease prevention.		
K.PCH.1.1	Use steps of correct hand washing at appropriate times throughout the day.	K – 6
K.PCH.1.2	Illustrate proper tooth brushing techniques.	K – 5
K.PCH.1.3	Explain rationale for not sharing hygiene products (combs, brushes, toothbrushes).	Not covered
K.PCH.2 Understand necessary steps to prevent and respond to unintentional injury.		
K.PCH.2.1	Recognize the meanings of traffic signs and signals.	K – 12, 13, 14
K.PCH.2.2	Explain the benefits of wearing seat belts and bicycle helmets.	K – 15 Bike safety covered in 2 – 12
K.PCH.2.3	Illustrate how to get help in an emergency.	K – 18, 19
K.PCH.2.4	Identify appropriate responses to warning signs, sounds, and labels.	K – 10, 16

Interpersonal Communication and Relationships		Grade: Lesson(s)
K.ICR.1 Understand healthy and effective interpersonal communication and relationships.		
K.ICR.1.1	Explain reasons for sharing.	Can be included in K – 1
K.ICR.1.2	Compare people in terms of what they have in common and how they are unique.	K – 1
K.ICR.1.3	Summarize protective behaviors to use when approached by strangers.	1 – 11, 20
K.ICR.1.4	Recognize bullying, teasing, and aggressive behaviors and how to respond.	K – 11

Grade K *(continued)*

Nutrition & Physical Activity	Grade: Lesson(s)
K.NPA.1 Analyze tools such as Dietary Guidelines and Food Facts Label as they related to the planning of healthy nutrition and fitness.	
K.NPA.1.1 Classify foods by groups in MyPlate.	K – 22 (healthy foods in general) MyPlate instruction begins in Gr. 4.
K.NPA.1.2 Recall foods and beverages beneficial to teeth and bones.	K – 22 (add specifics)
K.NPA.1.3 Recall activities for fitness and recreation during out of school hours.	K – 24, 25
K.NPA.2 Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.	
K.NPA.2.1 Recognize nutrient-dense foods in a list of foods that are culturally diverse.	K – 22 (Can add discussion of community-specific foods)
K.NPA.2.2 Summarize the importance of a healthy breakfast and lunch.	1 – 21 2 – 17

Alcohol, Tobacco & Other Drugs	Grade: Lesson(s)
K.ATOD.1 Understand how to use household products and medicines safely.	
K.ATOD.1.1 Explain what is likely to happen if harmful household products are ingested or inhaled.	K – 16
K.ATOD.1.2 Classify things found around the house as medicinal drugs or other (e.g. candy).	Not covered Can be added to K – 7 (using medicines) or K – 16 (poisons)
K.ATOD.1.3 Identify adults and professionals who can be trusted to provide safety information about household products and medicines.	K – 7
K.ATOD.1.4 Use appropriate strategies to access help when needed in emergencies involving household products and medicines.	K – 18, 19

Grade 1

Note: Main grade level alignment is noted first. Some topics may be covered at previous or subsequent grade levels.

Mental & Emotional Health		Grade: Lesson(s)
1.MEH.1 Understand the relationships among healthy expression of emotions, mental health, and healthy behavior.		
1.MEH.1.1	Use effective communication to express and cope with emotions.	1 – 4
1.MEH.1.2	Use methods of positive coping with disappointment and failure.	1 – 4 2 – 3 (includes disappointment)
1.MEH.1.3	Classify stressors as eustress or distress.	4 – 1 (add these terms if needed)

Personal & Consumer Health		Grade: Lesson(s)
1.PCH.1 Apply measures for cleanliness and disease prevention.		
1.PCH.1.1	Recognize that germs produce illness and can be spread from one person to another.	2 – 5
1.PCH.1.2	Use measures for preventing the spread of germs.	1 – 5 2 – 5
1.PCH.2 Understand wellness, disease prevention, and recognition of symptoms.		
1.PCH.2.1	Illustrate symptoms of sickness and measures for getting well.	K – 7
1.PCH.2.2	Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems.	Can be added to 1 – 6
1.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.		
1.PCH.3.1	Identify safety hazards in the home and injury prevention strategies.	1 – 15 K – 16, 17
1.PCH.3.2	Identify items that can cause burns, strategies to prevent fire and burn injury.	1 – 15, 16
1.PCH.3.3	Execute the Stop, Drop, and Roll response.	1 – 16
1.PCH.3.4	Execute an emergency phone call.	1 – 17

Interpersonal Communication and Relationships		Grade: Lesson(s)
1.ICR.1 Understand healthy and effective interpersonal communication and relationships.		
1.ICR.1.1	Explain the importance of demonstrating respect for the personal space and boundaries of others.	1 – 3
1.ICR.1.2	Explain the value of having a diversity of students in the classroom.	K – 1 1 – 2 (focus is on families)
1.ICR.1.3	Contrast tattling with reporting aggression, bullying, and violent behavior.	1 – 18 2 – 14
1.ICR.1.4	Contrast appropriate and inappropriate touch.	1 – 20
1.ICR.1.5	Illustrate how to seek adult assistance for inappropriate touch.	1 – 20

Grade 1 *(continued)*

Nutrition & Physical Activity	Grade: Lesson(s)
1.NPA.1 Understand MyPlate as a tool for selecting nutritious foods.	
1.NPA.1.1 Select a variety of foods based on MyPlate.	K – 22 (healthy foods in general) 1 – 21 (focus on breakfast) 3 – 17 (healthy food choices) 4 – 16, 17 (MyPlate specific)
1.NPA.1.2 Contrast more nutrient dense foods from those that are less nutrient dense.	1 – 21 (focus on breakfast) 2 – 17 (focus on breakfast) 3 – 17
1.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	
1.NPA.2.1 Classify the sources of a variety of foods.	Not covered
1.NPA.2.2 Select healthy alternatives to foods and beverages that are high in sugar.	1 – 21 (focus on breakfast) 2 – 17 (focus on breakfast) 3 – 17, 18
1.NPA.3 Remember fitness concepts to enhance quality of life.	
1.NPA.3.1 Recognize the benefits of physical activity.	1 – 24, 25
1.NPA.3.2 Recall fitness and recreation activities that can be used during out of school hours.	1 – 25

Alcohol, Tobacco & Other Drugs	Grade: Lesson(s)
1.ATOD.1 Understand how to use household products and medicines safely.	
1.ATOD.1.1 Recognize the harmful effects of medicine when used incorrectly.	2 – 6
1.ATOD.1.2 Recognize how to behave safely with medicines and household cleaners.	K – 16 (household products) 2 – 6 (medicines)
1.ATOD.1.3 Classify products as harmful or safe.	Can be added to K – 16
1.ATOD.1.4 Summarize strategies for reporting harmful substances.	K – 16 (poisons), 17 (guns), 19 (9-1-1) 1 – 17 (calling 9-1-1)

Grade 2

Note: Main grade level alignment is noted first. Some topics may be covered at previous or subsequent grade levels.

Mental & Emotional Health		Grade: Lesson(s)
2.MEH.1 Understand the relationship among healthy expression of emotions, mental health, and healthy behavior.		
2.MEH.1.1	Identify appropriate standards for behavior.	2 – 1 (family norms), 2 (respecting differences)
2.MEH.1.2	Summarize behaviors that help to avoid risks.	2 – 9, 10, 11, 12, 13
2.MEH.1.3	Explain the influence of peers, the media, and the family on feelings and emotions.	2 – 1 (family), 3, 4
2.MEH.1.4	Explain the influence on self-concept on performance and vice versa.	Can include in 2 – 2 3 – 5
2.MEH.1.5	Summarize the potential negative effects of stress on the body and mind.	4 – 1, 2

Personal & Consumer Health		Grade: Lesson(s)
2.PCH.1 Apply measures for cleanliness and disease prevention.		
2.PCH.1.1	Recall the benefits of good dental health.	1 – 6
2.PCH.1.2	Execute the proper techniques for brushing teeth.	1 – 6
2.PCH.2 Understand wellness, disease prevention, and recognition of symptoms.		
2.PCH.2.1	Summarize reasons and strategies for preventing contact with body fluids.	2 – 5 (may want to expand)
2.PCH.2.2	Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.	2 – 7, 8

Interpersonal Communication and Relationships		Grade: Lesson(s)
2.ICR.1 Understand healthy and effective interpersonal communication and relationships.		
2.ICR.1.1	Classify behaviors as helpful or hurtful to friendships.	1 – 3
2.ICR.1.2	Interpret the feelings of others and how to respond when angry or sad.	2 – 4
2.ICR.1.3	Explain why it is wrong to tease others.	2 – 14, 15
2.ICR.1.4	Recognize bullying behaviors and what to do if someone is bullied.	2 – 14, 15
2.ICR.1.5	Exemplify how to communicate with others with kindness and respect.	3 – 3, 4, 5

Grade 2 *(continued)*

Nutrition & Physical Activity	Grade: Lesson(s)
2.NPA.1 Understand MyPlate as a tool for selecting nutritious foods.	
2.NPA.1.1 Recognize the interrelationship of parts of MyPlate.	4 – 16, 17
2.NPA.1.2 Plan meals that are chosen for energy and health.	3 – 17 4 – 16, 17
2.NPA.1.3 Classify activities in terms of their appropriateness for a healthy lifestyle.	3 – 23, 24
2.NPA.2 Create strategies to consume a variety of nutrient dense foods and beverages in moderation.	
2.NPA.2.1 Summarize motivations for eating food, including hunger vs. satiety.	3 – 17
2.NPA.2.2 Explain the importance of a healthy breakfast and lunch.	2 – 17, 18, 19
2.NPA.3 Remember nutrition and fitness concepts to enhance quality of life.	
2.NPA.3.1 Contrast a physically active and inactive lifestyle.	2 – 20, 21
2.NPA.3.2 Plan family physical activities that are fun and contribute to fitness.	1 – 25 2 – 22 3 – 23

Alcohol, Tobacco & Other Drugs	HealthSmart Middle School (Unit: Lesson)
2.ATOD.1 Understand how to use household products and medicines safely.	
2.ATOD.1.1 Classify uses of medicine or drugs as appropriate and inappropriate.	2 – 6 (medicines), 23 (tobacco) 3 – 8 (medicines), 25 (tobacco/alcohol)
2.ATOD.1.2 Summarize the health risks associated with inappropriate medicine and drug use.	2 – 6 (medicines), 23 (tobacco) 3 – 8 (medicines), 25 (tobacco/alcohol)
2.ATOD.1.3 Use goal-setting strategies to prevent the misuse of medicines or household products.	Not covered

Grade 3

Note: Main grade level alignment is noted first. Some topics may be covered at previous or subsequent grade levels.

Mental & Emotional Health		Grade: Lesson(s)
3.MEH.1 Understand positive stress management strategies.		
3.MEH.1.1	Explain how self-control is a valuable tool in avoiding health risks.	2 – 3 4 – 5
3.MEH.1.2	Classify stress as preventable or manageable.	4 – 1, 2, 3
3.MEH.2 Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.		
3.MEH.2.1	Identify common sources for feelings of grief or loss.	4 – 4 Can also be included in 3 – 2
3.MEH.2.2	Summarize how to seek resources for assistance with feelings of grief or loss.	4 – 4 Can also be included in 3 – 2

Personal & Consumer Health		Grade: Lesson(s)
3.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.		
3.PCH.1.1	Classify behaviors in terms of whether they are related to physical, social, mental, and emotional health.	3 – 1
3.PCH.1.2	Classify behaviors in terms of whether they do or do not contribute to healthy living.	3 – 13 (safe choices) 4 – 1 (stress), 10 (risks)
3.PCH.2 Apply measures for cleanliness and disease prevention.		
3.PCH.2.1	Recognize plaque and lack of dental hygiene result in gum disease and cavities.	1 – 6 (Dental health is covered in Gr. K & 1)
3.PCH.2.2	Implement proper flossing to prevent tooth decay and gum disease.	1 – 6
3.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.		
3.PCH.3.1	Use methods for prevention of common unintentional injuries.	3 – 9, 10, 11
3.PCH.3.2	Summarize methods that increase and reduce injuries in and around water.	2 – 11 (specific to water safety) 3 – 10, 11
3.PCH.3.3	Summarize the dangers of weapons and how to seek help if a weapon or firearm is found.	3 – 10, 11
3.PCH.3.4	Implement a plan to escape fire at home while avoiding smoke inhalation.	1 – 16 3 – 10, 11

Grade 3 *(continued)*

Interpersonal Communication and Relationships		Grade: Lesson(s)
3.ICR.1 Understand healthy and effective interpersonal communication and relationships.		
3.ICR.1.1	Summarize qualities and benefits of a healthy relationship.	3 – 3 (family), 4 (friends)
3.ICR.1.2	Plan how to show compassion for all living things and respect for other people’s property.	3 – 5
3.ICR.1.3	Illustrate how to seek help from an adult if a weapon is found or a threat is communicated.	3 – 13 4 – 15
3.ICR.1.4	Illustrate how to effectively and respectfully express opinions that differ.	3 – 4 4 – 14, 15
3.ICR.1.5	Analyze situations in terms of the strategies used by people in those situations that help or hinder healthy relationships.	3 – 3 (family stories)

Nutrition & Physical Activity		Grade: Lesson(s)
3.NPA.1 Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.		
3.NPA.1.1	Use MyPlate to eat a nutritious breakfast each morning.	3 – 19 (breakfast) MyPlate covered in 4 – 16, 17
3.NPA.1.2	Check the Food Facts Label to determine foods that are low in sugar and high in calcium.	Covered in 5 – 18
3.NPA.1.3	Plan activities for fitness and recreation during out of school hours.	3 – 23, 24
3.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.		
3.NPA.2.1	Identify the sources of a variety of foods.	3 – 17
3.NPA.2.2	Categorize beverages that are more nutrient dense.	3 – 18
3.NPA.2.3	Recognize appropriate portion sizes of foods for most Americans.	4 – 17

Alcohol, Tobacco & Other Drugs		Grade: Lesson(s)
3.ATOD.1 Understand how to use household products and medicines safely.		
3.ATOD.1.1	Identify examples of medications that help individuals with common health problems.	3 – 8
3.ATOD.1.2	Recall rules for taking medicine at school and at home.	3 – 8
3.ATOD.2 Apply strategies involving risk- reduction behaviors to protect self and others from the negative effects of alcohol, tobacco, and other drugs.		
3.ATOD.2.1	Use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs.	3 – 29
3.ATOD.2.2	Identify ways of refusing to ride in vehicles driven by someone who has been using alcohol.	Covered in Middle School VIP – 2

Grade 4

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Mental & Emotional Health	Grade: Lesson(s)
4.MEH.1 Apply positive stress management strategies.	
4.MEH.1.1 Summarize effective coping strategies to manage stress.	4 – 3
4.MEH.1.2 Implement healthy strategies for handling stress, including asking for assistance.	4 – 3
4.MEH.2 Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.	
4.MEH.2.1 Identify unique personal characteristics that contribute to positive mental health.	3 – 1 , 5 5 – 1
4.MEH.2.2 Explain how effective problem solving aids in making healthy choices.	3 – 13 4 – 14 (in context of resolving conflict)

Personal & Consumer Health	Grade: Lesson(s)
4.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.	
4.PCH.1.1 Explain how to prevent or control common childhood illnesses and conditions such as asthma, allergies, diabetes, and epilepsy.	5 – 5
4.PCH.1.2 Recognize methods that prevent the spread of germs that cause communicable diseases.	4 – 7
4.PCH.2 Understand body systems and organs, functions, and their care.	
4.PCH.2.1 Identify the basic components and functions of the respiratory system.	Not covered
4.PCH.2.2 Summarize habits to care for the skin.	4 – 7 (sun protection) 5 – 33 (puberty related hygiene)
4.PCH.3 Analyze health information and products.	
4.PCH.3.1 Outline the functions of various health products.	Not covered
4.PCH.3.2 Analyze advertisements of health products and services in terms of claims made and the validity of those claims.	Not covered
4.PCH.4 Analyze health information and products.	
4.PCH.4.1 Explain why it is safe to be a friend of someone who has a disease or health condition (cancer, HIV, asthma, or epilepsy).	Can be addressed in 5 – 5
4.PCH.4.2 Identify personal protection equipment needed for sports or recreational activities.	4 – 11
4.PCH.4.3 Illustrate skills for providing first aid for choking victims (including the Heimlich maneuver).	<i>HealthSmart does not cover first aid.</i>

Grade 4 *(continued)*

Interpersonal Communication and Relationships		Grade: Lesson(s)
4.ICR.1 Understand healthy and effective interpersonal communication and relationships.		
4.ICR.1.1	Explain the importance of showing respect for self and respect and empathy for others.	3 – 4, 5 5 – 3, 36
4.ICR.1.2	Exemplify empathy toward those affected by disease and disability.	Can be addressed in 5 – 5
4.ICR.1.3	Interpret facial expressions and posture to emotions and empathy.	4 – 4
4.ICR.1.4	Recognize situations that might lead to violence.	5 – 10, 11, 12
4.ICR.1.5	Exemplify how to seek assistance for bullying.	5 – 9
4.ICR.1.6	Contrast healthy and unhealthy relationships.	5 – 2
4.ICR.2 Understand the changes that occur during puberty and adolescence.		
4.ICR.2.1	Summarize physical and emotional changes during puberty.	4 – 25, 26
4.ICR.2.2	Recognize that individuals experience puberty at different rates (early, average, late).	4 – 25, 26

Nutrition & Physical Activity		Grade: Lesson(s)
4.NPA.1 Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.		
4.NPA.1.1	Plan meals using MyPlate.	4 – 16, 17
4.NPA.1.2	Carry out measures to prevent food borne illness, including hand washing and appropriate food storage and preparation.	Covered in Middle School NPA – 8
4.NPA.1.3	Use the Food Facts Label to plan meals and avoid food allergies.	Covered in Middle School NPA – 4
4.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.		
4.NPA.2.1	Compare unhealthy and healthy eating patterns, including eating in moderation.	4 – 17 5 – 19
4.NPA.2.2	Explain the effects of eating healthy and unhealthy breakfasts and lunches.	4 – 16, 17 3 – 19 5 – 18
4.NPA.3 Understand the benefits of nutrition and fitness to disease prevention.		
4.NPA.3.1	Explain how nutrition and fitness affect cardiovascular health.	4 – 18 (fitness in general) 5 – 5, 6
4.NPA.3.2	Summarize the association between caloric intake and expenditure to prevent obesity.	5 – 17 (food amounts in general) Weight management is covered in Middle School NPA – 12

Grade 4 *(continued)*

Alcohol, Tobacco & Other Drugs	Grade: Lesson(s)
4.ATOD.1 Understand health risks associated with the use of tobacco products.	
4.ATOD.1.1 Summarize short-term and long-term effects of cigarettes and smokeless tobacco products.	4 – 20
4.ATOD.1.2 Explain why tobacco is an addictive product.	4 – 20
4.ATOD.2 Understand why people use tobacco products.	
4.ATOD.2.1 Identify possible internal and external influences on tobacco use.	4 – 21
4.ATOD.2.2 Explain why people are influenced by various marketing strategies employed by tobacco companies.	4 – 21
4.ATOD.3 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	
4.ATOD.3.1 Use refusal skills to resist the pressure to experiment with tobacco.	4 – 22, 23
4.ATOD.3.2 Select strategies to use in avoiding situations in which tobacco is being used to minimize exposure to second-hand smoke.	4 – 22, 23

Grade 5

Note: Main grade level alignment is noted first. Some topics may be covered at previous or subsequent grade levels.

Mental & Emotional Health		Grade: Lesson(s)
5.MEH.1 Apply positive stress management strategies.		
5.MEH.1.1	Implement positive stress management strategies.	4 – 3
5.MEH.1.2	Evaluate the effectiveness of stress management strategies.	4 – 3
5.MEH.2 Understand help-seeking strategies for depression and mental disorders.		
5.MEH.2.1	Interpret feelings of depression and sadness as normal responses to loss.	4 – 4
5.MEH.2.2	Summarize how to seek assistance from reliable resources for depression and sadness.	4 – 6

Personal & Consumer Health		Grade: Lesson(s)
5.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.		
5.PCH.1.1	Explain the influence of personal values on health behaviors.	5 – 6
5.PCH.1.2	Design a personal action plan for sufficient rest and sleep.	4 – 9 (if chosen as the goal)
5.PCH.2 Analyze health products and sources of health information.		
5.PCH.2.1	Recognize dependable resources for health information.	5 – 4
5.PCH.2.2	Differentiate between safe and unsafe products.	Not covered
5.PCH.3 Apply measures for cleanliness and disease prevention.		
5.PCH.3.1	Implement a personal dental health plan to include brushing, flossing, nutrition, and injury prevention.	4 – 9 (health habit goal)
5.PCH.3.2	Carry out activities that avoid harmful effects of the sun.	4 – 9 (if chosen as goal)
5.PCH.4 Understand body systems and organs, functions, and their care.		
5.PCH.4.1	Summarize the functions of the organs which make up the digestive system.	Not covered
5.PCH.4.2	Interpret the relationship between and among the vessels and organs of the circulatory system.	Not covered

Grade 5 *(continued)*

Interpersonal Communication and Relationships		Grade: Lesson(s)
5.ICR.1 Understand healthy and effective interpersonal communication and relationships.		
5.ICR.1.1	Illustrate the dangers of communicating with unknown individuals.	Not covered
5.ICR.1.2	Summarize things you can do to seek assistance when encountering a stranger.	3 – 13 (safe decisions), 16 (abuse)
5.ICR.1.3	Explain the impact of stereotyping and discrimination on other people’s self-respect and feelings.	3 – 5 Can be addressed in 5 – 8
5.ICR.1.4	Summarize how to solve problems and resolve conflict without avoidance or violence.	4 – 14, 15
5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence.		
5.ICR.2.1	Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity.	5 – 34, 35
5.ICR.2.2	Differentiate between accurate and inaccurate sources of information about puberty and development.	5 – 38
5.ICR.2.3	Summarize the functions of the male and female reproductive systems.	5 – 34, 35
5.ICR.2.4	Illustrate how societal influences can impact behavioral choices and feelings regarding one’s reproductive health.	Can be addressed in 5 -32 or 33
5.ICR.2.5	Deconstruct media messages as they relate to their influence on perceptions of desirable body sizes and shapes.	Middle School NPA – 11

Nutrition & Physical Activity		Grade: Lesson(s)
5.NPA.1 Apply tools (MyPlate) to plan healthy nutrition and fitness.		
5.NPA.1.1	Use MyPlate to make healthy choices of foods and beverages.	5 – 16, 17
5.NPA.1.2	Use recommendations in MyPlate to increase physical activity.	5 – 20
5.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.		
5.NPA.2.1	Summarize the influences of family, culture, and the media on food choices.	5 – 19
5.NPA.2.2	Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.	5 – 18, 19
5.NPA.3 Understand the benefits of nutrition and fitness to disease prevention.		
5.NPA.3.1	Contrast dieting and healthy weight management, including limiting high-fat and high-sugar foods.	Middle School NPA – 12
5.NPA.3.2	Explain the benefits of regular physical activity on physical, mental, emotional, and social health.	5 – 21
5.NPA.3.3	Summarize normal weight gain and body changes during puberty.	5 – 33, 34, 35

Grade 5 *(continued)*

Alcohol, Tobacco & Other Drugs		Grade: Lesson(s)
5.ATOD.1 Understand health risks associated with use of alcohol.		
5.ATOD.1.1	Explain the short-term and long-term effects of alcohol abuse.	5 – 24
5.ATOD.1.2	Explain the effects of alcohol abuse on others.	5 – 24, 25
5.ATOD.2 Understand why people use alcohol.		
5.ATOD.2.1	Explain possible internal and external influences to use alcohol.	5 – 25, 26, 27
5.ATOD.2.2	Evaluate the effect of advertising strategies of alcohol companies on people’s use of alcohol.	5 – 27
5.ATOD.3 Apply risk reduction behaviors to protect self and others from alcohol use.		
5.ATOD.3.1	Use refusal skills to resist the pressure to experiment alcohol and other drug use.	5 – 28
5.ATOD.3.2	Design strategies for maintaining an alcohol-free lifestyle that include barriers and ways of overcoming these barriers.	5 – 29, 30