



ALIGNMENT GUIDE
National Health Education Standards

The National Health Education Standards (NHES) were developed to establish, promote, and support health-enhancing behaviors for students in all grade levels—from pre-K through grade 12. The NHES provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress. Importantly, the standards provide students, families, and communities with concrete expectations for health education. The NHES promises to reinforce the positive growth of health education and to challenge schools and communities to continue efforts toward excellence in health education.

Refer to this chart to determine the National Health Education Standards covered in each Explore. Act. Tell. Breakfast lesson. Descriptions of each standard follow.

	1	2	3	4	5	6	7	8
LESSON 1 EXPLORE								
Activity 1: Explore Hunger as a National Issue			3.8.2 3.8.3					
Activity 2: Explore Hunger at a Local Level			3.8.2 3.8.3 3.8.5		5.8.1			8.8.3
Activity 3: Breakfast: The Most Important Meal of the Day	1.8.7	2.8.2						
Activity 4: Explore Project Ideas			3.8.2 3.8.3 3.8.5		5.8.1			8.8.3 8.8.4
LESSON 2 PLAN TO ACT								
Activity 1: Set a CLEAR Project Goal	1.8.2 1.8.7	2.8.2 2.8.10	3.8.2 3.8.3 3.8.5	4.8.4	5.8.1 5.8.4		7.8.2	8.8.1 8.8.2 8.8.3
Activity 2: Create an Action Plan				4.8.1 4.8.4				8.8.1 8.8.2 8.8.3 8.8.4
LESSON 3 ACT!								
Activity 1: Track & Measure Success		2.8.5 2.8.6	3.8.1 3.8.2 3.8.3 3.8.4		5.8.7		7.8.3	8.8.2 8.8.3
Activity 2: Implement the Project							7.8.2 7.8.3	
LESSON 4 TELL								
Activity 1: Personal Reflection					5.8.7			
Activity 2: Create a Presentation		2.8.4 2.8.5		4.8.1			7.8.2 7.8.3	8.8.1 8.8.4
Activity 3: Complete Competition Submission								

[STANDARDS DESCRIPTIONS](#) ▶



National Health Education Standards

STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.2** Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- 1.8.7** Describe the benefits of and barriers to practicing healthy behaviors.

STANDARD 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.2** Describe the influence of culture on health beliefs, practices, and behaviors.
- 2.8.4** Analyze how the school and community can affect personal health practices and behaviors.
- 2.8.5** Analyze how messages from various media influence health behaviors.
- 2.8.6** Analyze the influence of technology on personal and family health.
- 2.8.10** Explain how school and public health policies can influence health promotion and disease prevention.

STANDARD 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 3.8.1** Analyze the validity of health information, products, and services.
- 3.8.2** Access valid health information from home, school, and community.
- 3.8.3** Determine the accessibility of products that enhance health.
- 3.8.4** Describe situations that may require professional health services.
- 3.8.5** Locate valid and reliable health products and services.

STANDARD 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.8.1** Apply effective verbal and nonverbal communication skills to enhance health.
- 4.8.4** Demonstrate how to ask for assistance to enhance the health of self and others.

STANDARD 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.8.1** Identify circumstances that can help or hinder healthy decision-making.
- 5.8.4** Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 5.8.7** Analyze the outcomes of a health-related decision.

STANDARD 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.2** Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.8.3** Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

STANDARD 8: Students will demonstrate the ability to advocate for personal, family, and community health.

- 8.8.1** State a health-enhancing position on a topic and support it with accurate information.
- 8.8.2** Demonstrate how to influence and support others to make positive health choices.
- 8.8.3** Work cooperatively to advocate for healthy individuals, families, and schools.
- 8.8.4** Identify ways in which health messages and communication techniques can be altered for different audiences.