

Standard Code	Standards
EL5-HL.HPD.01.00.0	Describe how family health history can influence one's own health and lifestyle
EL5-HL.HPD.02.00.0	Diagram MyPlate to identify the components of a balanced diet
EL5-HL.HPD.03.00.0	Describe the cause and effect relationships between noncommunicable diseases (e.g., Type I diabetes vs. Type II diabetes) and lifestyle behaviors
EL5-HL.HLB.01.00.0	Identify peer pressure and its effect on decision making
EL5-HL.HLB.02.00.0	Define bullying behaviors and identify appropriate strategies for reporting
EL5-HL.HLB.03.00.0	Describe the short and long term effects of stress
EL5-HL.HLB.04.00.0	Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)
EL5-HL.HLB.05.00.0	Discuss personal hygiene issues such as wearing deodorant and showering regularly
EL5-HL.GSD.01.00.0	Relate how personal values help one make good decisions
EL5-HL.HIS.01.00.0	Examine personal health issues such as allergies and chronic illnesses
EL5-HL.HIS.02.00.0	Discuss the issues relative to a smoke-free environment (e.g., financial, health risks, emotional) and demonstrate strategies for refusing TAOD (tobacco, alcohol, and other drugs)
EL5-HL.HIS.03.00.0	Classify drugs based on their effect on the body (e.g., stimulant, depressant, hallucinogen, narcotic)
EL5-HL.CMT.01.00.0	Identify how media influences health behaviors
EL5-HL.AD.01.00.0	Develop a plan to promote recycling, reducing waste, and reusing items to prevent pollution that damages the environment, disrupts ecosystems, and affects one's personal health
EL5-HL.AD.02.00.0	Demonstrate how basic first aid techniques can help to save lives