## How CHFFF Meets National Health Education Standards

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<tr>
<th>National Health Education Standards</th>
<th>Performance Indicators Grades 3-5 met by CHFFF</th>
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| 1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. | 1.5.1 Describe the relationship between healthy behaviors and personal health.  
1.5.2 Identify examples of emotional, intellectual, physical, and social health. |
| 2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. | 2.5.1 Describe how family influences personal health practices and behaviors. |
| 3. Students will demonstrate the ability to access valid information, products, and services to enhance health. | 3.5.1 Identify characteristics of valid health information, products, and services.  
3.5.2 Locate resources from home, school, and community that provide valid health information. |
| 4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. | 4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.  
4.5.2 Demonstrate refusal skills that avoid or reduce health risks. |
| 5. Students will demonstrate the ability to use decision-making skills to enhance health. | 5.5.1 Identify health-related situations that might require a thoughtful decision.  
5.5.3 List healthy options to health-related issues or problems.  
5.5.5 Choose a healthy option when making a decision. |
| 6. Students will demonstrate the ability to use goal-setting skills to enhance health. | 6.5.1 Set a personal health goal and track progress toward its achievement.  
6.5.2 Identify resources to assist in achieving a personal health goal. |
| 7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. | 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.  
7.5.3 Demonstrate a variety of behaviors to avoid or reduce health risks. |
| 8. Students will demonstrate the ability to advocate for personal, family, and community health. | 8.5.1 Express opinions and give accurate information about health issues.  
8.5.2 Encourage others to make positive health choices. |

See the full National Health Education Standards at:  

For more information:  
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