

Health Education
Content Standards
for California
Public Schools
Kindergarten Through
Grade Twelve

Standards are taken from the California Department of Education's document "Health Education Content Standards for California Public Schools"

[\(pdf found here - Health Education Content Standards - Curriculum Framework, 2008\)](#)

[\(updated version of pdf found here - Nutrition Education Resource Guide for CA Public Schools \(K-12\), 2017\)](#)

1. This document only uses the content area of "nutrition and physical activity" and excludes the other 5 content areas due to lack of overlap (excluded content areas seen in table below). If overlap is found in another content area (such as personal and community health, etc.) it can easily be added

2. Based off of this table from the document, the "nutrition and physical activity" content area is not emphasized in Grades 1, 2, and 6, which is why there is no tab for these grades. For the Food Explorers Program, we might be able to use the standards from either above or below the missing grade, and mix-and-match depending on which one aligns more closely with the lesson plan

3. Also note that grades 7 and 8 are presented as one grade interval rather than two separate grades in both the pdf and this spreadsheet

Grade-Level Emphasis	Nutrition and Physical Activity	Growth, Development, and Sexual Health		Injury Prevention and Safety	Alcohol, Tobacco, and Other Drugs	Mental, Emotional, and Social Health	Personal and Community Health
		Growth and Development	Sexual Health				
Kindergarten	✓	✓		✓	✓	✓	✓
Grade 1		✓		✓			✓
Grade 2	✓				✓	✓	
Grade 3		✓				✓	✓
Grade 4	✓			✓	✓		
Grade 5	✓	✓	✓				✓
Grade 6				✓	✓	✓	
Grades 7 and 8	✓	✓	✓	✓	✓	✓	✓

and 8							
High School (Grades 9 Through 12)	✓	✓	✓	✓	✓	✓	✓

