

# Iowa's Health Education Standards

## And Pick a Better Snack

**Did you know?** Pick a Better Snack lessons help support Iowa's recommended Health Education Standards, which are the National Health Education Standards (NHES). Each lesson connects to Standard 1, helping students comprehend concepts related to health. All the lessons also support the important health skills identified in Standards 2-5 and 7-8. Below are the anchor standards supported by the Pick a Better Snack lessons.

STANDARD 1 – Students will Comprehend concepts related to health promotion and disease prevention to enhance health.

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

STANDARD 3 – Students will Demonstrate the ability to access valid information and products and services to enhance health.

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

STANDARD 5 – Students will Demonstrate the ability to use decision-making skills to enhance health.

STANDARD 7 – Students will Demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.

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

**Pick a Better Snack lessons:**

<https://hhs.iowa.gov/pick-better-snack/materials>

**Health Education Standards:**

<https://educate.iowa.gov/pk-12/standards/instruction/health#health-education-standards>