

Nevada Correlations for Wow! Ruby Discovers the World of Wellness

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Teacher’s Manual ISBN-13:978-0-7360-5758-5

Bid for K-5 Health

K Correlation

Boldface student ed. page references: in- depth coverage of standard

Non – boldface student ed. page references: mention of content related to standard

Standard	Benchmark	Student Edition pg #'s	Teacher’s Edition U=unit, L=lesson	
1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health	1.2.1 Identify health behaviors that impact personal health	5,6,7,12,13,16,21,25,26,29	Lesson Plans T’s Guide: U1L4,5,6,7 U2L12,13,14,16 U3L17 U5L29,30,31,32	Other: (Reproducibles=R) (Family Newsletter=RFN)
	1.2.2 Identify basic anatomy (i.e. eyes, nose, ears, teeth, etc.)	6,7,8,18,19	U1L6,7,8 U3L18,19	RFN3.1
	1.2.3 Identify and respect various physical, emotional, and intellectual differences	20,25,26,27	U3L21 U4L25,26	
	1.2.4 Describe how healthy eating and daily physical activity promote health and well-being	7,12,21,35	U1L7,8,9 U2L15,16 U6L36	RFN2.1
	1.2.6 Identify helpful and harmful substances	11,30,31,32	U1L11 U5L29,30,31,32	RFN5.1
	1.2.7 Recognize ways to prevent common childhood injuries and hazardous situation	8, 10	U1L8, U1L10	
	1.2.8 Identify school staff and community helpers (i.e. law enforcement, emergency personnel)	2,4,21,22,23,30,33	U1L4, 11 U3L21 U6L33	

	1.2.9 Recognize germs may cause illness/disease	5,13,22,23	U1L5 U3L22,23	
	1.2.10 Recognize basic prevention strategies for common illnesses/disease	5,13,21,23,31	U1L5, U5L21 , U3L22,23	
	1.2.11 Identify elements of the environment that affect personal health (sun, air, water, soil, food, and pollutants)	9,12, 16 ,31 Stop here 8/20/08	U1L4,9 U2L13 U6L34	
2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors	2.3.1 Discuss nutrition and physical activity in diverse families	14 ,24,35	U1L9 U2L14 U4L24	RFN3.1 RFN4.1
	2.3.2 Identify various sources that influence personal health behaviors	24,25,29,32,33	U1L9,11 U5L29,30,31,32 U6L33	
	2.3.6 Identify various sources that influence the use of helpful and harmful substances	29,30,31,32,34	U1L11 U5L29 30 U6L34	
3.0 Students will demonstrate the ability to access health information, products, and services to enhance health	3.3.1 Identify trusted individuals who can help promote health	6,11 ,13,15, 21 ,22,23, 26,30,32	U1L6,10 U3L20,21 U5L29,30 U6L33	
	3.3.2 Identify health care workers	6,20,21,22,23 ,29,30	U5L29,30 U6L33	RFN6.1
	4.2.1 List healthy ways of 4.2.1 communication/listening to express needs, wants, and feelings	11 ,20,21, 25,26,27,29	U4L25,26,27,28	RFN4.1

	4.2.4 Identify ways to respond/ report in an unwanted, threatening, or dangerous situation	2,4,29,30,33	U1L2,3,4,10,11	
5.0 Students will demonstrate the ability to use decision – making skills to enhance health	5.2.1 Discuss healthy vs. unhealthy options	7,12,13,21,25,26,27, 29, 31,32,36	U1L5,6,7 U2L14 U3L23	
	5.2.2 Identify situations when a health – related decision is needed	11,12,13,15,20,22, 27, 29,30,31,32	U5L29,30,31,32	
	5.2.3 Identify resources/ individuals that would aid in healthy decision – making	6,8,13,15,22,25, 26,27,29, 33	U3L20,21	
	5.2.4 Differentiate between situations when a health – related decision can be made individually or when assistance is needed	11,13,20, 21,22,29	U1L11 U3L22 U4L26	
6.0 Students will demonstrate the ability to use goal – setting skills to enhance health	6.2.1 Define a short – term and long – term personal health goal	1,2,3,6,7,36		
	6.2.2 Develop goals to practice daily health habits (i.e. personal hygiene, sun safety, nutrition, and physical activity)	5,6,7,9,12,13, 21	U1L5,6,7,9 U2L12,13	
	6.2.3 Identify resources when assistance is needed to develop personal health goals (i.e. recycling, water conservation, littering, food choice)	17,20,29,31, 33,34	U5L29	

7.0 Students will demonstrate the ability to practice health – enhancing behaviors and to avoid or reduce health risks	7.2.1 Identify responsible personal health behaviors	7, 11,12 ,13,15,17, 25,26,27, 29 ,30, 31,32,34 ,35,36	U1L4,6,7 U2L12,13,14 U3L17,23 U4L26,27,28 U5L29,30,31,32 U6L36	
	7.2.2 Identify basic safety measures (i.e. sun safety, helmet use, pedestrian safety, seatbelts, gun, safety, 911 procedures, fire safety, universal safety precautions)	2,3,4,9,10	U1L2,3,4,9,10,11 U3L22	RFN1.1
	7.2.3 Choose healthy foods that help you grow	12,13 ,14,15,16,17,	U1L7 U2L12,13,14	RFN1.1 RFN2.1
	7.2.4 Explore various movements that enhance an active, healthy lifestyle (sedentary vs. active)	7,9,15,18,35,36	U1L7,9 U3L17,18 U6L36	
8.0 Students will demonstrate the ability to support/ promote family, personal, and community health	8.2.1 Identify ways to promote personal and family health	1,2,9,15,18,25 27,29 ,30,31,32, 34,35	U2L12,13 U3L21,23 U4L24,25,26,27	RFN2.1 RFN4.1 RFN6.1
	8.2.2 Identify consumer/ environmental health messages	31,33,34,35	U1L11 U6L35	

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Bid for K-5 Health

Orange (1st grade) Correlation

Boldface student ed. page references: in- depth coverage of standard

Non – boldface student ed. page references: mention of content related to standard

Standard	Benchmark	Student Edition pg #'s	Teacher’s Edition U=unit, L=lesson	
			Lesson Plans T’s Guide:	Other: (Reproducibles=R) (Family Newsletter=RFN)
1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health	1.2.1 Identify health behaviors that impact personal health	11,12,13,15,17,19, 26,27,29,57,59,67, 69,70,71,72,73,79, 81	U1L6,7,8 U5L29 U6L36	R5.1 RFN5.3
	1.2.2 Identify basic anatomy (i.e. eyes, nose, ears, teeth, etc.)	12,13,15,38,39,40,41, 42,43,70,71	U1L6,7,8 U3L18,19 U5L31	RFN2.5 R3.2 RFN3.4
	1.2.3 Identify and respect various physical, emotional, and intellectual differences	3,38,39,44,45,54,55	U3L17,20 U4L24,27,28	R3.3 RFN3.4 RFN4.3
	1.2.4 Describe how healthy eating and daily physical activity promote health and well-being	13,15,17,26,27,29, 33,82,83	U1L6,7,8,9 U2L12,13 U3L18 U6L36	R2.3 RFN2.5 R3.1 RFN3.4

	1.2.6 Identify helpful and harmful substances	23,49,66,67,68,69,70,71,72,73,79	U1L1,11 U3L22 U5L29,30,31,32 U6L34	R5.1 RFN5.3
	1.2.7 Recognize ways to prevent common childhood injuries and hazardous situation	17,22,23	U1L1,8,11	
	1.2.8 Identify school staff and community helpers (i.e. law enforcement, emergency personnel)	8,15,21,26,27,33,50,51,58,59,62,76,77	U1L4,10 U6L33	
	1.2.9 Recognize germs may cause illness/disease	10,11,28,50,51	U1L1,5 U2L13 U3L23	R1.4 RFN3.4 R5.1
	1.2.10 Recognize basic prevention strategies for common illnesses/ disease	10,11,28,29,46,47,48,49,50,51,67	U1L1,5,6 U2L13 U3L21,22,23 U4L25	R1.4 RFN3.4
	1.2.11 Identify elements of the environment that affect personal health (sun, air, water, soil, food, and pollutants)	19,23,34,35,78,79	U1L4,9 U2L12,13,16	R2.4
2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on	2.3.1 Discuss nutrition and physical activity in diverse families	16,18,27,29,31		RFN1.6 RFN2.5

health behaviors				
	2.3.2 Identify various sources that influence personal health behaviors	33, 46,47,48,49,67,73,76,77	U5L30 U6L33	R5.1
	2.3.6 Identify various sources that influence the use of helpful and harmful substances	23,49,66, 67,69,79	U5L30,31 U6L34	R5.1
3.0 Students will demonstrate the ability to access health information, products, and services to enhance health	3.3.1 Identify trusted individuals who can help promote health	10, 12,13,26,27,33,46,47,48,49,56,57,59,67,68,69,76,77	U1L4,6,10 U3L21,22 U5L30	R5.1
	3.3.2 Identify health care workers	12,13,45,46,47,50,51,67,68,77	U1L6,10 U3L21 U5L30 U6L33	R5.1
	4.2.1 List healthy ways of 4.2.1 communication/ listening to express needs, wants, and feelings	5,23,47,56,57,58,59,61,62,63,66,67	U1L1,10,11 U4L25,26,27,28 U5L29,30,31	R4.2 RFN4.3 R5.1 RFN5.3
5.0 Students will demonstrate the ability to use decision – making skills to enhance health	5.2.1 Discuss healthy vs. unhealthy options	11,13,15,23,29,67,69,70,71,72,73	U1L6 U2L13,15 U5L29,30,31	R2.2 RFN2.5
	5.2.2 Identify situations when a health – related decision is needed	5,8,9,11,12,13,21,33,46,47,49,61,66,67,	U1L2,3,4 U4L26	R1.2 R2.2

		68,69	U5L29,31,32	R5.1
	5.2.3 Identify resources/ individuals that would aid in healthy decision – making	5,8,12,13,16,18,23,33,38,46,47,48,49,56,61,67,68,69,73,77	U1L2,6 U3L21,22 U4L26 U5L30	RFN2.5 RFN4.3 R5.1
	5.2.4 Differentiate between situations when a health – related decision can be made individually or when assistance is needed	18,21,23,46,47,48,49	U4L26 U5L30	
6.0 Students will demonstrate the ability to use goal – setting skills to enhance health	6.2.1 Define a short – term and long – term personal health goal	11,12,13,15	U2L14,15	
	6.2.2 Develop goals to practice daily health habits (i.e. personal hygiene, sun safety, nutrition, and physical activity)	5,7,11,12,13,15,19,27,47	U1L2,4,5,6,7 U2L12,13	RFN1.6
	6.2.3 Identify resources when assistance is needed to develop personal health goals (i.e. recycling, water conservation, littering, food choice)	27,29,78,79	U6L34	

7.0 Students will demonstrate the ability to practice health – enhancing behaviors and to avoid or reduce health risks	7.2.1 Identify responsible personal health behaviors	5,7,11,13,15,17,23,27,47,51,59,61,63,70,71,72,73,79	U1L5,6,7,8 U3L23 U4L28 U5L29,31,32 U6L34	R1.4,1.5 R5.2
	7.2.2 Identify basic safety measures (i.e. sun safety, helmet use, pedestrian safety, seatbelts, gun safety, 911 procedures, fire safety, universal safety precautions)	5,6,7,8,9,14,18,19,22,23,29,69	U1L1,2,3,4,9,10,11 U2L13 U5L29	R1.2 RFN1.6
	7.2.3 Choose healthy foods that help you grow	13,26,27,28,29,31,33,34,35,38,39	U1L6 U2L12,13,15,16 U3L17	R2.1,2.3
	7.2.4 Explore various movements that enhance an active, healthy lifestyle (sedentary vs. active)	14,15,16,17,82,83	U1L7,8,9 U6L36	
8.0 Students will demonstrate the ability to support/promote family, personal, and community health	8.2.1 Identify ways to promote personal and family health	16,17,19,26,27,29,31,33,34,39,56,57,61,81	U1L1,2,3,4,5,6,7, 8,9 U2L13,14,15 U3L17 U4L25	RFN1.6 R2.3 RFN2.5 RFN3.4 R4.1 RFN4.3

				R5.2
	8.2.2 Identify consumer/ environmental health messages	78,79,80,81	U6L35	RFN5.3

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Bid for K-5 Health

Yellow (2nd grade) Correlation

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Standard	Benchmark	Student Edition pg #'s	Teacher’s Edition U=unit, L=lesson	
			Lesson Plans T’s Guide:	Other: (Reproducibles=R) (Family Newsletter=RFN)
1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health	1.2.1 Identify health behaviors that impact personal health	13,15,17,19,23,27, 29, 31,33,61,69,71, 77,79,81,82,83	U1L6,7 U2L15 U3L21 U6L36	R1.2, 1.3
	1.2.2 Identify basic anatomy (i.e. eyes, nose, ears, teeth, etc.)	13,14,15,17,27,38, 40,41,42,43,71	U1L6,7,8 U2L12 U3L18,19	R3.1 RFN3.7
	1.2.3 Identify and respect various physical, emotional, and intellectual differences	18,19, 44,45,54,55, 57,61,63	U2L14 U3L20 U4L24,25,26,27	R3.2,3.3
	1.2.4 Describe how healthy eating and daily physical activity promote health and	13,15,17,19,27,29, 33,82,83	U2L12,13,15 U6L36	

	well-being			
	1.2.6 Identify helpful and harmful substances	23,28,47,66,67,68,69,70,71,72,73,79	U3L22 U5L29,30,31,32,33 U6L34	R5.1,5.2 RFN5.4
	1.2.7 Recognize ways to prevent common childhood injuries and hazardous situation	8,17,19,47,48,49	U1L3,8,11	
	1.2.8 Identify school staff and community helpers (i.e. law enforcement, emergency personnel)	8,12,13,21,67,76,77	U1L2,4,6 U6L33	R6.1 RFN6.2
	1.2.9 Recognize germs may cause illness/disease	8,11,29,48,50,51	U1L5 U3L22,23	R3.6
	1.2.10 Recognize basic prevention strategies for common illnesses/ disease	8,11,13,29,47,49,51,68	U1L5 U2L13 U3L22,23 U4L25	R3.6 RFN3.7 R5.1
	1.2.11 Identify elements of the environment that affect personal health (sun, air, water, soil, food, and pollutants)	8,27,78,79	U2L12,16 U6L34	
2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on	2.3.1 Discuss nutrition and physical activity in diverse families	18,19,30,35,41, 55,57	U1L1,9 U2L14 U3L19,20 U4L24,25	R1.1 RFN1.4 RFN2.5 R3.2,3.3

health behaviors				RFN4.3
	2.3.2 Identify various sources that influence personal health behaviors	27,29, 57 ,59, 61 , 63,69,71,72,82	U1L2 U2L13 U3L21 U5L29,30,31,32,33	R2.1
	2.3.6 Identify various sources that influence the use of helpful and harmful substances	23 ,68,69,70, 71 , 73,78,79	U1L11 U5L29 U6L34	
3.0 Students will demonstrate the ability to access health information, products, and services to enhance health	3.3.1 Identify trusted individuals who can help promote health	8 ,10, 12 , 16 , 17 , 19 , 21 , 22 ,33,41,45,49, 51 , 61 ,68, 69 ,72,76, 77	U1L4,5,8,10,11 U2L13 U3L19,21 U4L26,27 U5L30 U6L33	R3.4,3.5 R5.1,5.2
	3.3.2 Identify health care workers	12 ,45, 46 , 47 ,49,51, 68 , 77	U1L6 U3L21 U5L30 U6L33	R3.4,3.5 R6.1 RFN6.2
	4.2.1 List healthy ways of 4.2.1 communication/ listening to express needs, wants, and feelings	5 , 56 , 57 , 58 , 59 , 61 , 63	U4L25,26,27,28	R4.1,4.2 R5.3 RFN5.4
	4.2.4 Identify ways to respond/ report in an unwanted, threatening, or dangerous situation	4 , 5 , 8 , 9 , 21 , 22 , 23 ,66, 67 , 76 , 77	U1L2,10,11 U5L29	R5.1 RFN5.4

5.0 Students will demonstrate the ability to use decision – making skills to enhance health	5.2.1 Discuss healthy vs. unhealthy options	11,27,29,31,69,70,71	U2L13 U5L29,31,32,33	R2.1,2.2,2.3,2.4 R5.1,5.2
	5.2.2 Identify situations when a health – related decision is needed	4,5,8,9,27,29,31,49,61,66,67,68,69,73,76,77,82,83	U3L21,22 U4L28,31,32,33	R2.1,2.2,2.3,2.4 R5.1 RFN5.4
	5.2.3 Identify resources/ individuals that would aid in healthy decision – making	5,22,23,27,31,49,57,61,68,69,72,76,77	U1L2,10,11 U3L21,22	RFN4.3 R5.2
	5.2.4 Differentiate between situations when a health – related decision can be made individually or when assistance is needed	5,8,9,21,22,23,45,46,47,61,69,77,81	U2L13 U3L21,22 U4L26,27,28 U5L30	R5.2
6.0 Students will demonstrate the ability to use goal – setting skills to enhance health	6.2.1 Define a short – term and long – term personal health goal	11,12,13,27	U1L6 U2L12	
	6.2.2 Develop goals to practice daily health habits (i.e. personal hygiene, sun safety, nutrition, and physical activity)	5,6,7,11,13,15,17,35,82,83	U2L12 U3L17,23	R2.1,2.2,2.3,2.4

	6.2.3 Identify resources when assistance is needed to develop personal health goals (i.e. recycling, water conservation, littering, food choice)	31,47,78,79	U6L34	
7.0 Students will demonstrate the ability to practice health – enhancing behaviors and to avoid or reduce health risks	7.2.1 Identify responsible personal health behaviors	8,9,11,13,15,17,23,61,70,72,82,83	U1L6,7,10,11 U2L13 U5L29,30,31,32,33	R2.1,2.2,2.3,2.4
	7.2.2 Identify basic safety measures (i.e. sun safety, helmet use, pedestrian safety, seatbelts, gun safety, 911 procedures, fire safety, universal safety precautions)	4,5,6,7,8,9,15,19,21,22,23,49,76,77	U1L2,3,4,10,11	R1.2 RFN1.4 RFN2.5 R5.2
	7.2.3 Choose healthy foods that help you grow	27,29,33,35,39,47	U2L12 U3L17	R2.1,2.2,2.3,2.4 RFN2.5 RFN3.7 RFN5.4
	7.2.4 Explore various movements that enhance an active, healthy lifestyle (sedentary vs. active)	17,70,82,83	U1L7,8 U6L36	R1.3
8.0 Students will demonstrate the ability to support/promote family, personal, and community health	8.2.1 Identify ways to promote personal and family health	5,7,8,9,11,13,15,18,19,23,33,47,57,59,61	U1L2,3,4,6,7,8,9 U2L14 U4L24,25,26,27 U6L36	R2.1,2.2,2.3,2.4 RFN2.5 RFN3.7 R4.1

				RFN4.3 RFN5.4 RFN6.2
	8.2.2 Identify consumer/ environmental health messages	23,78,79, 80,81	U2L14 U5L1 U6L35	RFN6.2

Nevada Correlations for Wow! Ruby Discovers the World of Wellness

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Bid for K-5 Health

Green (3rd grade) Correlation

Boldface student ed. page references: in- depth coverage of standard

Non – boldface student ed. page references: mention of content related to standard

Standard	Benchmark	Student Edition pg #'s	Teacher’s Edition U=unit, L=lesson	
			Lesson Plans T’s Guide:	Other: (Reproducibles=R) (Family Newsletter=RFN)
1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health	1.5.1 Describe the relationship between health behaviors and personal health	5,7,9,11,13,17,19,27,31,33,47,59,61,63,73, 83	U1L2,4 U2L10,12,14,15 U4L20 U5L25,27 U6L35,36	R1.2,1.3 RFN3.6 R4.2 RFN5.6
	1.5.2 Explain the basic structure, function, and developmental processes of human body systems	6,7,17,33,40,41,42,43, 44,61	U1L3 U3L18 U5L26,27	RFN3.6 R5.1 RFN5.6
	1.5.3 Describe various physical, emotional, intellectual differences and how they affect a child’s overall well-being	3,5,44,47,49,52,53,71, 73,83	U1L2,3,8 U3L19 U4L20,23	R1.1 R3.5

	1.5.4 Identify key nutrients, their functions, and the role they play to promote optimal health	19, 23,25,26,27,31,33 , 83	U1L9 U2L10,12,13,14,15	RFN2.2 RFN4.4 RFN5.6
	1.5.5 Identify the health- related components of an active lifestyle	7,17,73,83	U1L3,8 U6L36	R1.2,1.3
	1.5.6 Explain how substances can affect the way people make decisions and perform tasks	59,60,61,62,63,65	U5L25,26,27,28	R5.1,5.3,5.5 RFN5.6
	1.5.7 Describe ways to prevent common childhood injuries	9,17	U1L4,6,7	
	1.5.8 Explain personal safety procedures when confronted with violence or other hazards	9,11,12,13,14,58,59 , 65, 70,71	U1L4,5,6,7,8 U6L30,36	R1.4,1.6,1.7,1.9, 1.10 RFN1.14
	1.5.9 Differentiate between contagious and non-contagious illness/ diseases	36,37,39,65	U3L16,17	R3.1 RFN3.6
	1.5.10 Explain ways to prevent/ control contagious and non-contagious illness/ disease	7,15,17,37,39,61,65	U3L16,17	R3.1,3.3 RFN3.6 R5.1
	1.5.11 Identify programs designed to promote community health (recycle,	71,74,79,80,81	U6L32,34,35	R6.2 RFN6.3

	garbage, water)			
	1.5.12 Explain the relationship of the environment to positive health behaviors and the prevention of injury, illness/ disease, and premature death	13,71,74,75,76,77,78,79,80,81	U1L4 U6L32,33,34,35	R6.2 RFN6.3
2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors	2.5.1 Discuss nutrition and physical activity habits in diverse cultures	27,28,29,73	U2L13	
	2.5.2 Identify how various sources affect thoughts, feelings and health behaviors	2,3,5,24,25,47,49,51,59,61,62,63,65,67	U1L3,8 U2L11 U4L20,21,22 U5L25,27	R4.3 RFN4.4 R5.1 RFN6.3
	2.5.4 Describe ways technology can influence health and disease (i.e. internet, video games, electronic toothbrush)	24,25,65,72,73,74	U5L28,29 U6L30,31,32	R6.1 RFN6.3
	2.5.5 Analyze how stated and implied messages from media influence health behaviors	24,25,65,66,67,71	U2L11 U5L28,29 U6L30,31	RFN5.6 RFN6.3
	2.5.6 Describe how various sources	11,12,13,23,24,25,31,	U2L10,11	RFN4.4

	influence individual practices and behaviors	47,49,51,61,65,71,75	U4L20,21,22, U5L25,28,29 U6L30,31	
3.0 Students will demonstrate the ability to access health information, products, and services to enhance health	3.5.1 Locate resources from home, school, and community that provide reliable health information	12,13,14,15,17,30,39, 47,58,59,63,74,75	U1L7 U4L20	RFN1.14 RFN4.4
	3.5.2 Describe situations requiring professional health services	19,60,75	U1L7,9 U5L26	RFN1.14 RFN6.3
	4.5.1 Model effective verbal and non-verbal communication skills	10,11,46,47,49,58,59, 62,63,67	U4L20,21,22	R1.6 RFN1.14 R4.2,4.3 RFN4.4 RFN5.6
	4.5.2 Demonstrate refusal and negotiation skills	11,47,54,55,58, 59,65	U1L5 U4L24	
	4.5.3 Recognize refusal skills when confronted with unhealthy situations including alcohol, tobacco, and other drugs	11,54,55,58,59	U1L5 U4L24	R1.6
	4.5.4 Discuss ways to communicate with others about stages of growth and	40,41,44,53	U3L19 U4L23	R3.5 R4.2

	development			RFN4.4
	4.5.5 Demonstrate non-violent strategies to manage or resolve conflict	11,46,47,55,58,59,71	U1L5 U4L20,21,24	R1.6 RFN1.14 R4.2 RFN4.4
5.0 Students will demonstrate the ability to use decision-making skills to enhance health	5.5.1 Apply a healthy choice when making personal decisions	5,7,11,17,19,31,33,39,47,59,61,65,67,71,83	U1L2,3,5,6,8 U2L14,15 U4L20,21,24 U5L25,27	R1.4 R4.3 RFN4.4 R5.1,5.3 RFN6.3
	5.5.2 Predict how decisions regarding health behaviors have consequences for self and others	7,9,11,19,33,39,46,47,49,51,55,61,65	U1L4 U2L10 U3L19 U4L20,24 U5L25,26,27,28	R3.3 R4.3 R5.5 RFN5.6 RFN6.3
	5.5.3 Predict how decisions about substance use and abuse have consequences for self and others	58,59,60,61,65	U5L25,26,27,28	R5.1,5.3 RFN5.6
	5.5.4 Analyze when assistance is needed in making a health-related decision	37,46,47,59,61,75	U4L20,21 U5L26,27	RFN5.6 RFN6.3
6.0 Students will demonstrate the ability to use goal – setting skills to enhance health	6.5.1 Set a personal health goal through tracking progress towards its achievement	5,83	U1L9 U6L36	RFN1.14 RFN2.2 R2.1 R6.1

	6.5.2 Implement goals to enhance daily health habits	5,7,17,19,27,33,73,83	U1L3,4,8,9 U2L12,13 U3L17 U6L36	R1.2,1.3,1.13 R2.1 RFN2.2
	6.5.3 Compare available resources to assist in making personal health goals (i.e. oral health products, sun safety, food choices)	13,18,19,27	U1L9	RFN6.3
7.0 Students will demonstrate the ability to practice health – enhancing behaviors and to avoid or reduce health risks	7.5.1 Demonstrate behaviors that avoid or reduce health risks	5,7,27,33,39,47,59,61,63,65,67,71,73,77,79,81	U1L9 U3L17 U4L20 U5L25,26,27 U6L30,31,35	RFN6.3
	7.5.2 Develop coping behaviors in response to various substance use situations (i.e. medications, alcohol, tobacco and other drugs)	58,59,61,63,65,67	U5L25,26,27,28,29	R5.3 RFN5.6
	7.5.3 Describe basic first aid procedures and responses to common emergencies	9,14,15	U1L7	R1.9,1.10 R3.3
	7.5.4 Assess safe/ unsafe situations and practices	11,58,59,61,63,65,70,71	U5L26,27 U6L30	RFN5.6
	7.5.5 Demonstrate personal health care practices that prevent communicable and	19,39,61,65	U1L2 U3L16,17	RFN3.6 R5.1

	other chronic diseases		U5L26,27,28	RFN5.6
	7.5.6 Demonstrate the ability to interpret nutrition information (i.e. food labels)	23,31	U2L12	RFN3.6
	7.5.7 Engage in behaviors that promote physical activity	16,17,27,53,83	U1L3,8 U2L10,14,15	R1.2,1.3 R2.1 RFN6.3
8.0 Students will demonstrate the ability to support/promote family, personal, and community health	8.5.1 Describe ways to influence and support others to make positive health choices	11,13,37,39,46,47,49, 51,53,61,73,83	U4L20,21 U6L30	RFN1.14 RFN2.2 RFN3.6 R4.2,4.3 RFN4.4 RFN5.6 RFN6.3
	8.5.2 Compare consumer and environmental health messages	25,65,66,67,74,75,76, 77,78,79,81	U5L28,29 U6L32,34,35	

Nevada Correlations for Wow! Ruby Discovers the World of Wellness

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Bid for K-5 Health

Blue (4th grade) Correlation

Boldface student ed. page references: in- depth coverage of standard

Non – boldface student ed. page references: mention of content related to standard

Standard	Benchmark	Student Edition pg #'s	Teacher’s Edition U=unit, L=lesson	
			Lesson Plans T’s Guide:	Other: (Reproducibles=R) (Family Newsletter=RFN)
1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health	1.5.1 Describe the relationship between health behaviors and personal health	5,7,10,13,15,17,23,25,30,31,39,41,47,49,51,62,63,64,65,67,72,73,78,79,80,81,83	U1L2,3,6,7,8 U2L11,14 U3L18 U4L20 U5L27,28,29 U6L34,36	RFN2.19 RFN4.2
	1.5.2 Explain the basic structure, function, and developmental processes of human body systems	10,11,15,17,31,37,38,42,43,44,59,65	U1L6 U3L19 U5L25,26,27,28	RFN3.1 RFN5.2
	1.5.3 Describe various physical, emotional, intellectual differences and how they affect a child’s overall well-being	3,5,10,11,34,35,40,41,46,47,48,49,50,51,72,73	U1L5 U3L18 U4L20,23 U5L25,27 U6L36	R1.1,1.5 RFN4.2 RFN5.2

	1.5.4 Identify key nutrients, their functions, and the role they play to promote optimal health	17,22, 23,24,25,26,27 , 30, 31	U2L10,11,12,13	RFN1.6 R2.1,2.4,2.6 – 2.15 RFN3.1
	1.5.5 Identify the health- related components of an active lifestyle	7,12,13,14,15,17,23 , 31, 39,47,50,67	U1L6,7,8 U2L14 U3L16 U6L36	RFN3.1 RFN4.6 RFN5.2
	1.5.6 Explain how substances can affect the way people make decisions and perform tasks	34,35,58,59,60,61,62 , 63,64,65,67,68,69	U5L25,26,27,28,29	RFN3.1 R5.1 RFN5.2
	1.5.7 Describe ways to prevent common childhood injuries	13,14,15,17,19,51	U1L6,7,8,9	RFN1.6
	1.5.8 Explain personal safety procedures when confronted with violence or other hazards	9,10,11,51,56,65	U1L4,5	R1.2,1.3 RFN1.6
	1.5.9 Differentiate between contagious and non-contagious illness/ diseases	34,35,36,37,38,39	U3L15,16,17 U5L27	RFN3.1
	1.5.10 Explain ways to prevent/ control contagious and non-contagious illness/ disease	23,34, 35,36,37,38,39 , 62,63	U3L15,16,17 U5L27	RFN3.1
	1.5.11 Identify programs designed to promote community	62,63,75,78,79,80,81	U6L31,32,35	R6.4

	health (recycle, garbage, water)			RFN6.5
	1.5.12 Explain the relationship of the environment to positive health behaviors and the prevention of injury, illness/ disease, and premature death	35,38,39,46,47,49,51, 64,78,79,80,81	U3L15 U5L27,28,29 U6L34,35	RFN3.1 RFN6.5
2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors	2.5.1 Discuss nutrition and physical activity habits in diverse cultures	23,25,31,36		
	2.5.2 Identify how various sources affect thoughts, feelings and health behaviors	10,11,40,41,46,47,48, 49,51,52,53,59,61,63, 65,66,67,77	U1L5,7 U4L20,21,22,23 U5L25,26,27,28,29 U6L36	R1.5 R4.1 RFN4.2 RFN5.2 RFN6.5
	2.5.4 Describe ways technology can influence health and disease (i.e. internet, video games, electronic toothbrush)	7,28,29,66,67,73,76, 77,79,80	U2L13 U5L29 U6L31,33	RFN1.6 RFN6.5
	2.5.5 Analyze how stated and implied messages from media influence health behaviors	7,28,29,66,67,76,77	U2L13 U5L29 U6L33	RFN1.6 RFN6.5

	2.5.6 Describe how various sources influence individual practices and behaviors	11, 15,17 ,23,30, 46,47 , 51, 53 ,59,61,63,68,69, 72,73,77	U1L4 U4L20,21 U5L29,30 U6L31,33,35	RFN3.1 RFN5.2 R6.1,6.2,6.3 RFN6.5
3.0 Students will demonstrate the ability to access health information, products, and services to enhance health	3.5.1 Locate resources from home, school, and community that provide reliable health information	9, 10 ,19,23, 27,47 ,53, 60,63,66,67,72,73 ,75, 81	U4L20 U5L25 U6L31,32,35	R5.1 R6.1,6.2,6.3 RFN6.5
	3.5.2 Describe situations requiring professional health services	19,34,37,38,39,47,48 , 60,63,72,73	U3L15 U4L20 U5L25 U6L31	R5.1 R6.1,6.2,6.3 RFN6.5
	4.5.1 Model effective verbal and non-verbal communication skills	10,11 ,18, 41,47 ,49,50, 51,53,59,60,65,69	U1L5,7 U4L20,23 U5L30 U6L36	R1.5 RFN1.6 RFN3.1 R4.1 RFN4.2 RFN5.2
	4.5.2 Demonstrate refusal and negotiation skills	10,11,51, 56,65,69	U4L22,24	R1.5 RFN4.2 RFN5.2
	4.5.3 Recognize refusal skills when confronted with unhealthy situations including alcohol, tobacco, and other	51, 56,59,65,69	U4L22,24 U5L30	RFN4.2 RFN5.2

	drugs			
	4.5.4 Discuss ways to communicate with others about stages of growth and development	40,41,73	U3L18 U4L20	
	4.5.5 Demonstrate non-violent strategies to manage or resolve conflict	10,11,48,49,50,51,53, 56,59,60,65,69	U1L5,7 U4L20,21,23 U5L30	R5.1 RFN4.2 RFN5.2
5.0 Students will demonstrate the ability to use decision-making skills to enhance health	5.5.1 Apply a healthy choice when making personal decisions	5,7,10,11,13,23,30,31, 47,49,51,53,59,61,65, 67,69,72,73,77,78,79, 81,83	U1L2,3,4,5,7 U3L18 U4L20,21,22,23 U5L25,28,29 U6L31,36	RFN3.1 RFN5.2 RFN6.5
	5.5.2 Predict how decisions regarding health behaviors have consequences for self and others	10,11,15,17,19,30,47, 49,51,59,61,62,63,65, 67,68,69,78,79,80,81	U1L2 U4L20,21 U5L27,28,30 U6L31,34,35,36	R2.3 RFN2.19 R5.1 RFN5.2 R6.4 RFN6.5
	5.5.3 Predict how decisions about substance use and abuse have consequences for self and others	59,60,61,62,63,64,65, 66,67,68,69	U5L25,26,27,28	R5.1 RFN5.2
	5.5.4 Analyze when assistance is needed in making a health-related decision	9,23,27,35,36,38,47, 48,59,63,72,73	U3L15 U4L20 U5L27	RFN5.2

6.0 Students will demonstrate the ability to use goal – setting skills to enhance health	6.5.1 Set a personal health goal through tracking progress towards its achievement	5,15,81,83	U1L8	R2.3
	6.5.2 Implement goals to enhance daily health habits	5,7,13,15,17,39,47,83	U1L2,3,8 U6L36	R2.3 RFN3.1
	6.5.3 Compare available resources to assist in making personal health goals (i.e. oral health products, sun safety, food choices)	5,7,15,17,24,27,30,79,81	U1L2,3 U6L31,35	
7.0 Students will demonstrate the ability to practice health – enhancing behaviors and to avoid or reduce health risks	7.5.1 Demonstrate behaviors that avoid or reduce health risks	7,13,15,17,25,35,49,56,59,60,61,65,67,69,73,78,79,83	U2L11 U4L22 U5L25,29,30 U6L35,36	RFN2.19
	7.5.2 Develop coping behaviors in response to various substance use situations (i.e. medications, alcohol, tobacco and other drugs)	34,35,56,59,60,61,63,64,65,67,69	U4L22 U5L25,27,29,30	RFN3.1 R5.1 RFN5.2
	7.5.3 Describe basic first aid procedures and responses to common emergencies	9,19,36	U1L4,9	
	7.5.4 Assess safe/ unsafe situations and practices	9,19,50,51,56,58,59,60,65	U1L4,5,8,9 U5L25,28 U6L34	R1.2,1.3 RFN1.6 RFN4.2 RFN5.2

	7.5.5 Demonstrate personal health care practices that prevent communicable and other chronic diseases	34, 35,36,37,38,39,73	U3L16,17 U6L31	RFN3.1 RFN6.5
	7.5.6 Demonstrate the ability to interpret nutrition information (i.e. food labels)	17, 23,24,25,26,27,28	U2L10,11,12	R2.5 – 2.15
	7.5.7 Engage in behaviors that promote physical activity	12,13,14,15,17,18,19, 31,50,67,83	U1L6,7,8 U2L14 U3L19 U6L36	RFN1.6 R2.3 RFN5.2 RFN6.5
8.0 Students will demonstrate the ability to support/promote family, personal, and community health	8.5.1 Describe ways to influence and support others to make positive health choices	10,11,15,23,30,41,47, 49,51,53,56,59,61,63, 69,73,75,80,81	U1L2,5 U3L18 U4L20,21 U5L27,29,30 U6L35	R1.5 RFN1.6 RFN2.19 RFN3.1 RFN4.6 RFN5.2 RFN6.5
	8.5.2 Compare consumer and environmental health messages	27,28,29,67,78,79, 80, 81	U2L10,11,12 U5L29 U6L35	RFN6.5

Nevada Correlations for Wow! Ruby Discovers the World of Wellness

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Bid for K-5 Health

Purple (5th grade) Correlation

Boldface student ed. page references: in- depth coverage of standard

Non – boldface student ed. page references: mention of content related to standard

Standard	Benchmark	Student Edition pg #'s	Teacher’s Edition U=unit, L=lesson	
1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health	1.5.1 Describe the relationship between health behaviors and personal health	3,12,13,14,19,20,23,24,25,29,34,35,36,40,41,47,54,57,58,60,61,65,78	Lesson Plans T’s Guide: U1L1,6,7 U2L8,9,10 U3L15,16 U4L17,20,21,22 U5L26 U6L31,33,34	Other: (Reproducibles=R) (Family Newsletter=RFN) R1.7,1.8 R2.1,2.2,2.4 RFN2.10 R3.4 R4.4,4.5 RFN4.6 R5.1,5.2,5.3 RFN5.6 RFN6.3
	1.5.2 Explain the basic structure, function, and developmental processes of human body systems	13,14, 21,32,33 ,36,58,61	U1L6 U3L14,16 U5L25	R3.1,3.2,3.3 RFN3.6
	1.5.3 Describe various physical, emotional, intellectual differences and how they affect a child’s overall well-being	2,4,6,7,19,34,40,41,47,57,61	U1L1,2 U4L20,21,22	R1.2 R4.1,4.2,4.4,4.5 RFN4.6
	1.5.4 Identify key nutrients, their functions, and the role they play to promote optimal health	19,20, 21,22,23,24,25,28,29 ,35	U2L8,9,10,11,12	R2.2,2.3a,2.3b, 2.7a,2.7b-2.9 RFN2.10

	1.5.5 Identify the health- related components of an active lifestyle	12,13,14,15,19,23,34,35,43,47,65,72,73,78	U1L6,7 U2L8,10 U3L15 U4L20 U6L31,34	R1.7,1.8 RFN1.9 R2.4 RFN2.10 R3.4 RFN6.3
	1.5.6 Explain how substances can affect the way people make decisions and perform tasks	7,34,35,54,56,57,58,60,61,62,63,65,67	U1L3 U3L15 U5L24,25,26,27,28	R3.4 RFN3.7 R5.2,5.3 RFN5.5
	1.5.7 Describe ways to prevent common childhood injuries	10,11,14,15	U1L7	
	1.5.8 Explain personal safety procedures when confronted with violence or other hazards	5,7,9,54,57,58	U1L3,4,7	R1.4,1.5,1.6 RFN1.9
	1.5.9 Differentiate between contagious and non-contagious illness/ diseases	36,37	U3L15,16	R3.5
	1.5.10 Explain ways to prevent/ control contagious and non-contagious illness/ disease	35,36,37,54	U3L15,16	
	1.5.11 Identify programs designed to promote community health (recycle, garbage, water)	9,67,71,74,75,76,77	U1L4 U5L29 U6L32,33	R6.2 RFN6.3
	1.5.12 Explain the relationship of the environment to positive health behaviors and the prevention of injury, illness/ disease, and premature death	35,47,63,71,75,76,77	U3L15 U6L30,32,33	RFN6.3
2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors	2.5.1 Discuss nutrition and physical activity habits in diverse cultures	18,19,20,21,22,23,24,32,46,60,72,73		

	2.5.2 Identify how various sources affect thoughts, feelings and health behaviors	5,7,23,35,40,41,42,43,47,49,51,54,55,57,58,60,61,63,65,71,72	U1L2,3,6 U2L10 U3L15 U4L17,19,20,21,22 U5L24,25,27,28,29 U6L30,31,33	R1.3 R2.2 RFN2.10 R4.1,4.2 RFN4.6 R5.2,5.3,5.4 RFN5.6 R6.1
	2.5.4 Describe ways technology can influence health and disease (i.e. internet, video games, electronic toothbrush)	3,9,26,27,45,55,71,72,73	U1L1,4 U2L12 U4L19 U6L30,31	RFN1.9 R2.6 R6.1 RFN6.3
	2.5.5 Analyze how stated and implied messages from media influence health behaviors	3,26,27,45,55,70,71,72,73	U1L1 U2L12 U4L19 U6L30,31	R1.2 RFN1.9 R2.6 R6.1 RFN6.3
	2.5.6 Describe how various sources influence individual practices and behaviors	3,7,13,23,24,25,35,40,41,42,43,45,47,51,54,55,57,58,60,61,62,65,67	U1L6 U2L12 U3L15 U4L17,20,21,22 U5L25,26,27,28,29 U6L31	R2.2,2.6 R3.4 R4.1,4.2,4.4,4.5 R5.3 RFN6.3
3.0 Students will demonstrate the ability to access health information, products, and services to enhance health	3.5.1 Locate resources from home, school, and community that provide reliable health information	7,9,12,40,57,60,63,66,67,71,75	U1L4 U4L17 U5L26,27,29 U6L30,32,33	R1.5,1.6 RFN1.9 R4.3 R5.3 RFN5.6 RFN6.3
	3.5.2 Describe situations requiring professional health services	7,9,11,60,63,66,67	U1L3,5 U5L25,26,27,29	R1.5,1.6 RFN1.9 R4.3 R5.2
	4.5.1 Model effective verbal and non-verbal communication skills	4,5,7,9,40,41,43,45,47,51,54,55,56,57,58,65	U1L2,3,6 U4L17,20,21,22 U5L23,24	R1.3 RFN3.7 R4.1,4.2,4.4,4.5 RFN4.6 RFN5.6
	4.5.2 Demonstrate refusal and negotiation skills	5,51,54,56,57,58	U1L2,3 U4L22 U5L23,24	RFN5.6

	4.5.3 Recognize refusal skills when confronted with unhealthy situations including alcohol, tobacco, and other drugs	54,55,56,57,58	U5L23,24	RFN5.6
	4.5.4 Discuss ways to communicate with others about stages of growth and development	14,32,33,35	U1L1 U3L15	R1.1 RFN3.6
	4.5.5 Demonstrate non-violent strategies to manage or resolve conflict	4,5,7,13,40,41,43,47,49,51,54,55,56,57,58,65	U1L2,3,6 U4L17,20,21,22 U5L23,24	R1.3 RFN3.7 R4.1,4.2,4.4,4.5 RFN4.6 RFN5.6
5.0 Students will demonstrate the ability to use decision-making skills to enhance health	5.5.1 Apply a healthy choice when making personal decisions	3,5,7,13,14,19,21,22,23,24,25,34,35,36,40,41,43,45,47,49,51,54,57,58,60,65,76,77,78	U1L1,2,6,7 U2L8,10,11 U3L15,16 U4L17,19,20,21,22 U5L23,24,25 U6L31,32,33,34	R1.2,1.3,1.7,1.8 RFN1.9 R2.1,2.2,2.3a,2.3b,2.4 RFN2.10 R3.4 R4.1,4.2,4.4,4.5 RFN4.6 RFN5.6 RFN6.3
	5.5.2 Predict how decisions regarding health behaviors have consequences for self and others	3,5,7,12,13,14,15,19,23,35,36,40,41,42,43,47,51,54,57,58,60,61,62,63,65,75,76,77	U1L2,6,7 U2L8 U3L15,16 U4L17,21,22 U5L24,25,26,27,28 U6L32,33	R1.3,1.4,1.7,1.8 RFN1.9 RFN2.10 R3.4 RFN3.7 R4.4,4.5 RFN4.6 R5.3 RFN5.6 RFN6.3
	5.5.3 Predict how decisions about substance use and abuse have consequences for self and others	7,35,54,55,57,58,60,61,62,63,65,66,67	U3L15 U5L24,25,26,27,28	R3.4 RFN3.7 R5.2,5.3 RFN5.6
	5.5.4 Analyze when assistance is needed in making a health-related decision	7,9,11,40,43,57,58,60,61,63	U1L3,4,5 U3L15 U4L17 U5L25,26,27	RFN4.6 R5.3 RFN5.6

6.0 Students will demonstrate the ability to use goal – setting skills to enhance health	6.5.1 Set a personal health goal through tracking progress towards its achievement	3,13,14,23,24,35	U1L7 U2L4 U4L15 U4L20	R1.7,1.8,1.9 R2.4,2.5 R4.3
	6.5.2 Implement goals to enhance daily health habits	3,7,13,14,19,23,24,35,47	U1L6,7 U2L8,11 U3L15 U4L20 U6L34	R1.2,1.7,1.8,1.9 RFN1.9 R2.1,2.4,2.5 R4.3 RFN4.6 R5.1
	6.5.3 Compare available resources to assist in making personal health goals (i.e. oral health products, sun safety, food choices)	3,35,47,60,67,71,75,77	U1L1 U3L15 U6L32,33	R1.2 R2.1
7.0 Students will demonstrate the ability to practice health – enhancing behaviors and to avoid or reduce health risks	7.5.1 Demonstrate behaviors that avoid or reduce health risks	7,9,13,14,19,21,23,35,36,43,47,51,54,55,56,57,58,60,61,65,67,78	U1L2,3,4,6,7 U2L8,10 U3L15,16 U4L20,22 U5L23,24,25,26,27 U6L34	R1.3,1.4,1.7,1.8 RFN1.9 RFN2.10 RFN3.7 R4.4,4.5 RFN4.6 RFN5.6
	7.5.2 Develop coping behaviors in response to various substance use situations (i.e. medications, alcohol, tobacco and other drugs)	43,54,55,56,57,58,60,61,63,65,67	U5L23,24,25,26,27	R5.4 RFN5.6
	7.5.3 Describe basic first aid procedures and responses to common emergencies	9,10,11,14	U1L5	RFN1.9
	7.5.4 Assess safe/ unsafe situations and practices	5,7,9,54,56,57,58,60,62,65	U1L2,3,4 U5L24,25	R1.3,1.4 RFN1.9 R5.2,5.3
	7.5.5 Demonstrate personal health care practices that prevent communicable and other chronic diseases	35,36,37,54,60,61	U3L15,16	
	7.5.6 Demonstrate the ability to interpret nutrition information (i.e. food labels)	19,21,22,24,25,28,29	U2L8,9,10,11,12	R2.1,2.2,2.3a,2.3b,2.7a,2.7b-2.9 RFN2.10

	7.5.7 Engage in behaviors that promote physical activity	12,13,14,15,34,35,43,72,73,78	U1L6,7 U2L10 U3L15 U6L31,34	RFN1.9 R2.4 RFN2.10 RFN3.7 RFN4.6 RFN5.5 RFN6.3
8.0 Students will demonstrate the ability to support/promote family, personal, and community health	8.5.1 Describe ways to influence and support others to make positive health choices	5,7,9,13,19,21,28,29,35,40,41,43,47,49,51,54,55,57,58,60,62,63,65,67,75	U1L2,7 U2L12 U3L15,16 U4L17,20,21,22 U5L23,24,26,27,28 U6L31,32,33	R1.3 RFN1.9 RFN2.10 R3.4 RFN3.7 R4.1,4.2,4.4,4.5 RFN4.6 RFN5.5 RFN6.3
	8.5.2 Compare consumer and environmental health messages	3,45,71,72,74,75,76,77	U1L1 U2L12 U4L19 U6L30,31,32,33	R1.2 RFN1.9 RFN6.3