

## Massachusetts Competencies

Eat Well *and Keep Moving* lessons meet Massachusetts Department of Education learning standards in health, English language arts, math, science and technology, and history and social science.

### 4<sup>th</sup> Grade Lessons

Lesson	Theme	Area	Learning standard/strand
1 Healthy Living and the Pyramid	Balanced diet	Health  History and Social Science	Personal and physical health strand/ content areas: personal growth and development, nutrition, fitness, and wellness  Learning standard 4: society, diversity, commonality, and the individual
2 Energy Foods in the Pyramid	Balanced diet	Health	Personal and physical health strand/ content areas: personal growth and development, and nutrition.
3 The Safe Workout: An Introduction	Activity	Health	Personal and physical health strand/ content area personal growth and development, nutrition, motor skill development, fitness, and wellness.
4 Balancing Act	Lifestyle	Health  Mathematics  Science and technology	Personal and physical health strand/ content area personal growth and development, nutrition, and wellness.  Learning standard 1.2  Strand 2: Domains of science
5 Fast-Food Frenzy	Balanced diet	Health  Language Arts  Mathematics  Science and technology	Personal and physical health strand/ content areas: personal growth and development, nutrition, and wellness  Learning standard 9 Learning standard 20  Learning standard 1.2  Strand 1: Inquiry Strand 2: Domains of Science

6 Snack Attack	Balanced diet	Health  Mathematics  Science and technology	Personal and physical health strand/ content areas: personal growth and development, nutrition, wellness.  Learning standard 1.2  Strand 1: Inquiry Strand 2: Domains of science
7 The Safe Workout: Snacking's Just Fine, If You Choose the Right Kind	Activity	Health	Personal and physical health strand/ content areas: personal growth and development, nutrition, motor skill development, fitness, and wellness
8 Prime-Time Smartness	Lifestyle	Health  Language arts  Mathematics	Personal and physical health strand/ content area personal growth and development, fitness, and wellness.  Learning standard 9 Learning standard 10  Learning standard 4.1
9 Chain-Five	Balanced diet	Health  Science and technology  Language arts	Personal and physical health strand/ content areas: personal growth and development, and wellness.  Strand 1: Inquiry Strand 2: Domains of science  Learning standard 9
10 Alphabet Fruit (and Vegetables)	Fruits and vegetables	Health  Language arts	Personal and physical health strand/ content area personal growth and development nutrition, motor skill development, fitness, and wellness.  Learning standard 9
11 Brilliant Breakfast	Balanced diet	Health  Mathematics  Science and technology	Personal and physical health strand/ content areas: personal growth and development, nutrition, and wellness.  Learning standard 1.2 Learning standard 4.1  Strand 1: Inquiry Strand 2: Domains of Science

12 Fitness Walking	Activity	Health	Personal and physical health strand/ content areas: motor skill development, fitness, and wellness
		Mathematics	Learning standard 1.2 Learning standard 3.2
		Science and technology	Strand 2: Domains of science
		History and social science	Learning standard 8

### 5<sup>th</sup> Grade Lessons

Lesson	Theme	Area	Learning standard/strand
13 Healthy Living and the Pyramid	Balanced diet	Health	Personal and physical health strand/ content areas: personal growth and development, nutrition, and wellness
		Science and technology	Grade 4 Strand 2: Domains of science
14 Keeping the Balance	Balanced diet	Health	Personal and physical health strand/ content areas: nutrition, fitness, wellness.
		Science and technology	Grade 4 Strand 2: Domains of Science
		Mathematics	Learning Standard 1.7
15 The Safe Workout: A Review	Activity	Health	Personal and physical health strand/ grade 4 content areas: personal growth and development, nutrition, fitness, wellness, and motor skill development.
16 Hunting for Hidden Fat	Balanced diet	Health	Personal and physical health strand/ content areas: nutrition
		Mathematics	Learning standard 1.6 Learning standard 1.7
		Science and technology	Grade 4 Strand 2: Domains of science

17 Snack Decisions	Balanced diet	Health Language arts	Personal and physical health strand/ content areas: nutrition.  Learning standard 19
18 Snacking and Inactivity	Lifestyle	Health	Personal and physical health strand/ content areas: nutrition and wellness.
19 Freeze My TV	Lifestyle	Health  Mathematics  History and social science	Personal and physical health strand/ content areas: fitness and wellness.  Learning standard 1.6  Learning standard 1
20 Menu Monitoring	Balanced diet	Health  Mathematics	Personal and physical health strand/ content areas: nutrition and wellness.  Learning standard 1.6 Grade 4 Learning standard 1.2
21 The Game of Veggiemania	Fruits and vegetables	Health  Science and technology  Mathematics	Personal and physical health strand/ content areas: nutrition, wellness, and fitness.  Grade 4 Strand 2: Domains of science  Grade 4 Learning standard 1.2
22 Breakfast Bonaza	Balanced diet	Health  Science and technology  Mathematics	Personal and physical health strand/ content areas: nutrition and wellness  Strand 1: Inquiry  Learning standard 3.4
23 Foods From Around the World: Italy, China, Mexico, and Ethiopia	Lifestyle	Health  History and social studies	Personal and physical health strand/ content areas: nutrition and fitness.  Grade 4 Learning standard 2

24 Fitness Walking	Activity	<p>Health</p> <p>Mathematics</p> <p>Science and technology</p>	<p>Personal and physical health strand/ grade 4 content areas: motor skill development, fitness, and wellness.</p> <p>Grade 4 learning standard 1.2 Grade 4 learning standard 3.2 Learning standard 1.6 Learning standard 3.2</p> <p>Grade 4 strand 2: Domains of science</p> <p>Grade 4 learning standard 8 places and regions of the world (geography strand)</p>
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## Massachusetts Elementary (K-4) Curriculum Frameworks

### Health

Personal and physical health strand/ content area personal growth and development: Students will be able to describe the influence of health habits on growth and development.

Personal and physical health strand/ content area nutrition: Students will be able to use the USDA Food Guide Pyramid and its three major concepts of balance, variety, and moderation to plan healthy meals and snacks.

Personal and physical health strand/ content area fitness: Students will be able to explain the benefits of physical fitness to good health.

Personal and physical health strand/ content area wellness: Students will be able to identify major behaviors that contribute to wellness.

### Mathematics

Learning standard 1.2 (number sense strand: concepts of whole number operations): Students engage in problem solving, communicating, reasoning and connecting to relate the mathematical language and symbolism of operations to problem situations.

Learning standard 1.6 (number sense strand: number and number relations): Students engage in problem solving, communicating, reasoning and connecting to apply percents.

Learning Standard 1.7 (number sense: number systems and number theory): Students engage in problem solving, communicating, reasoning and connecting to demonstrate how basic operations are related to one another.

Learning standard 3.2 (geometry and measurement strand: measurement): Students engage in problem solving, communicating, reasoning and connecting to use the process of measuring and the concepts related to units of measurement.

Learning standard 3.4 (geometry and measurement strand: measurement): Students engage in problem solving, communicating, reasoning and connecting to select appropriate units and measuring tools.

Learning standard 4.1 (statistics and probability strand): Students engage in problem solving, communicating, reasoning and connecting to collect and organize data. Students engage in problem solving, communicating, reasoning and connecting to construct, read and interpret displays of data.

## **Science and technology**

Strand 1: Inquiry: Students observe and describe familiar objects, identifying details, similarities and differences. Students describe and communicate observations through discussions and writing.

Strand 2: Domains of science: Students observe that each kind of organism has special living requirements and each has its own way to get the energy and nutrients it needs

## **Language Arts**

Learning standard 9 (literature strand): Students will identify the basic facts and essential ideas in what they have read.

Learning standard 10 (literature strand): Students will identify characteristics of different genres.

Learning standard 19 (composition strand): Students will write compositions with a clear focus, logically related ideas to develop it, and adequate details.

Learning standard 20 (composition strand): Students will select and use appropriate genres when writing for different audiences and rhetorical purposes.

## **History and social science**

Learning standard 1 chronology and cause (history strand): Students will understand the importance of individual choices and action.

Learning standard 2 places and regions of the world (geography strand): Students will learn and locate the major countries of the world.

Learning standard 8 places and religions of the world (geography strand): Students will name and locate the states and major cities of the United States and/or will learn and locate the major countries of the world.