

5-6 Kansas Science Standards Matched With Exploring the Food Guide Pyramid with Professor Popcorn

(The Kansas standards are set up through the end of second, fourth, and eighth grade. So this is based on through the end of eighth grade.)

Grade 5

Lesson/Activity	Standard
Lesson 1: Check Out the Pyramid!	
1. Preprogram Evaluation	N/A
2. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 1:</u> Identify questions that can be answered through scientific investigations. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
3. The Foods We Eat	<u>Standard 1, Benchmark 1, Indicator 1:</u> Identify questions that can be answered through scientific investigations. <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
4. Build the Food Guide Pyramid	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
5. Servings	<u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
6. Dietary Guidelines	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
7. Variety is Best	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science. <u>Standard 6, Benchmark 1, Indicator 2:</u> Use a systematic approach to thinking critically about personal health risks and benefits
8. Glorious Food	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
9. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2:</u> Use a systematic approach to thinking critically about personal health risks and benefits
10. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
11. Snack	N/A
12. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 2: Get Going With Grains!	
1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
2. Grain Sources	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
3. The Food Guide Pyramid	<u>Standard 1, Benchmark 1, Indicator 1:</u> Identify questions that can be answered through scientific investigations. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
4. Carbohydrates and Energy	<u>Standard 1, Benchmark 1, Indicator 1:</u> Identify questions that can be answered through scientific investigations. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 2:</u> Use a systematic approach to thinking critically about personal health risks and benefits
5. What's In a Label?	<u>Standard 1, Benchmark 1, Indicator 1:</u> Identify questions that can be answered through scientific investigations. <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
6. Types of Carbohydrates	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
7. Carbohydrates Match Game	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
8. Searching for Starch	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 1, Benchmark 1, Indicator 2:</u> Design and conduct a scientific experiment. <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
9. Folic Acid is Essential	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
10. Breakfast	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
11. A Healthy Breakfast	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
12. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2:</u> Use a systematic approach to thinking critically about personal health risks and benefits
13. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
14. Snack	N/A
15. Take Home	N/A (Without an activity explanation this cannot be matched to the

	standards.)
Lesson 3: It's Five a Day!	
1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
2. The Key of Life	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
3. Citrus – A Special Group of Foods	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
4. Color Wheel	<u>Standard 1, Benchmark 1, Indicator 1:</u> Identify questions that can be answered through scientific investigations. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
5. Folic Acid Is Important	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
6. Packaging Fruits and Vegetables	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions
7. The Best Package	<u>Standard 1, Benchmark 1, Indicator 1:</u> Identify questions that can be answered through scientific investigations. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions
8. Energy	<u>Standard 1, Benchmark 1, Indicator 1:</u> Identify questions that can be answered through scientific investigations. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
9. Calories and Energy	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
10. Think What You Drink	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 1, Benchmark 1, Indicator 2:</u> Design and conduct a scientific experiment. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
11. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2:</u> Use a systematic approach to thinking critically about personal health risks and benefits
12. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
13. Snack	N/A
14. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 4: Bone Up on Calcium

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
2. Building Bones	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
3. What Makes a Serving?	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
4. Osteoporosis	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science. <u>Standard 6, Benchmark 1, Indicator 2:</u> Use a systematic approach to thinking critically about personal health risks and benefits
5. How Much is Enough?	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
6. No Calcium – Weak Bones!	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 1, Benchmark 1, Indicator 2:</u> Design and conduct a scientific experiment. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
7. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2:</u> Use a systematic approach to thinking critically about personal health risks and benefits
8. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
9. Snack	N/A
10. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 5: Meat and Protein Make Us Strong!

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
2. Plant and Animal Sources of Protein	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
3. The Need for Protein	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
4. How Much Protein Do We Need?	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
5. Food and Fat	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions

	<p><u>Standard 1, Benchmark 1, Indicator 2: Design and conduct a scientific experiment.</u></p> <p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
6. Fat Scale	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
7. Salt in Fast Foods	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
8. How to Survive the Fast-Food Frenzy	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
9. Food Safety Activity	<p><u>Standard 6, Benchmark 1, Indicator 2: Use a systematic approach to thinking critically about personal health risks and benefits</u></p>
10. Physical Activity	<p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
11. What Have We Learned?	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
12. Postlesson Evaluation Tool	N/A
13. Certificate of Completion	N/A
14. Snack	N/A
15. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Grade 6

Lesson 1: Check Out the Pyramid!	
1. Preprogram Evaluation	N/A
2. Interest Approach	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
3. Food Classification	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
4. What Else Do We Get From the Food Guide Pyramid	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
5. Portion Distortion	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p> <p><u>Standard 6, Benchmark 1, Indicator 2: Use a systematic approach to thinking critically about personal health risks and benefits</u></p>
6. Serving Sizes	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u></p> <p><u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition,</u></p>

	exercise, and rest needs based on science. <u>Standard 6, Benchmark 1, Indicator 2: Use a systematic approach to thinking critically about personal health risks and benefits</u>
7. Dietary Guidelines	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u> <u>Standard 6, Benchmark 1, Indicator 2: Use a systematic approach to thinking critically about personal health risks and benefits</u>
8. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2: Use a systematic approach to thinking critically about personal health risks and benefits</u>
9. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
10. Snack	N/A
11. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)
Lesson 2: Get Going With Grains!	
1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
2. Grain Sources	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
3. All Grouped Together	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
4. Nutrients	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
5. Carbohydrates and Energy	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
6. How Many Servings Do We Need?	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
7. Types of Carbohydrates	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
8. Make a Change	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
9. Searching for Starch	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 1, Benchmark 1, Indicator 2: Design and conduct a scientific experiment.</u> <u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>

10. Folic Acid is Essential	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
11. Breakfast	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
12. A Healthy Breakfast	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
13. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2: Use a systematic approach to thinking critically about personal health risks and benefits</u>
14. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
15. Snack	N/A
16. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)
Lesson 3: It's Five a Day	
1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
2. Be A Sport	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
3. Citrus – A Special Group of Fruits	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
4. Wheel of Produce	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
5. Folic Acid Is Important	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
6. Packaging Fruits and Vegetables	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
7. Which Package is the Best	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
8. Energy	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
9. Caloric Dense vs. Nutrient Dense	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
10. Think What you Drink	<u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify</u>

	<p>the relationship between evidence and logical conclusions <u>Standard 1, Benchmark 1, Indicator 2: Design and conduct a scientific experiment.</u> <u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
11. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2: Use a systematic approach to thinking critically about personal health risks and benefits</u>
12. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
13. Snack	N/A
14. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)
Lesson 4: Bone Up on Calcium!	
1. Interest Approach	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
2. Building Bones	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
3. How Many Servings Do We Need a Day?	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
4. Osteoporosis	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
5. Isn't All Milk the Same?	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
6. No Calcium – Weak Bones!	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 1, Benchmark 1, Indicator 2: Design and conduct a scientific experiment.</u> <u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
7. Spend 1,300	<p><u>Standard 1, Benchmark 1, Indicator 4: Think critically to identify the relationship between evidence and logical conclusions</u> <u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u></p>
8. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2: Use a systematic approach to thinking critically about personal health risks and benefits</u>
9. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1: Identify individual nutrition, exercise, and rest needs based on science.</u>
10. Snack	N/A
11. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 5: Meat and Protein Make Us Strong!

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
2. Plant and Animal Sources of Protein	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
3. We Need for Protein	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
4. How Much Protein Do We Need?	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
5. Food and Fat	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 1, Benchmark 1, Indicator 2:</u> Design and conduct a scientific experiment. <u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
6. Cut the Fat!	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
7. Fast Foods Tradeoff!	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
8. How to Survive the Fast-Food Frenzy	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
9. "Fast & Healthy" Tic Tac Review	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
10. Food Safety Activity	<u>Standard 6, Benchmark 1, Indicator 2:</u> Use a systematic approach to thinking critically about personal health risks and benefits
11. Physical Activity	<u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
12. What Have We Learned?	<u>Standard 1, Benchmark 1, Indicator 4:</u> Think critically to identify the relationship between evidence and logical conclusions <u>Standard 6, Benchmark 1, Indicator 1:</u> Identify individual nutrition, exercise, and rest needs based on science.
13. Postlesson Evaluation Tool	N/A
14. Certificate of Completion	N/A
15. Snack	N/A