

Take A Look !!!



**Aligned to Newly Adopted
California Health Education Content Standards**

Scope and Sequence: Deal Me In: food and fitness (K-2) Workbook Activities

CALIFORNIA EDUCATION STANDARDS (GRADES K-2)		I Spy a Healthy Breakfast	The Snack Machine	Food Bingo	Make It Healthier	My Lunch Bag	Picture a Healthy Me
Health Education Content Standards for California Public Schools							
GRADE K: NUTRITION AND PHYSICAL ACTIVITY							
Standard 1: Essential Concepts	K.1.N.1 Name a variety of healthy foods and explain why they are necessary for good health.	•	•	•	•	•	•
	K.1.N.2 Identify a variety of healthy snacks.		•				•
	K.1.N.4 Recognize the importance of a healthy breakfast.	•					•
Standard 5: Decision Making	K.5.N.7 Describe ways to participate regularly in active play and enjoyable physical activity.						•
Standard 7: Practicing Health-Enhancing Behaviors	K.7.N.8 Select nutritious snacks.		•				
	K.7.N.10 Choose healthy foods in a variety of settings.	•	•	•	•	•	•
GRADE 2: NUTRITION AND PHYSICAL ACTIVITY							
Standard 1: Essential Concepts	2.1.N.1 Classify various foods into appropriate food groups.	•	•	•	•	•	
	2.1.N.3 Discuss the benefits of eating a nutritious breakfast every day.	•					
	2.1.N.4 List the benefits of healthy eating, including beverages and snacks.	•	•	•	•	•	•

	2.1.N.7 Identify a variety of healthy snacks.		•				•
	2.1.N.9 Explain how both physical activity and eating habits can affect a person's health.	•	•	•	•	•	•
Standard 5: Decision Making	2.5.N.13 Use a decision-making process to select healthy foods.	•	•	•	•	•	•
	2.5.N.14 Compare and contrast healthy and less healthy food choices in a variety of settings.				•		
Standard 7: Practicing Health- Enhancing Behaviors	2.7.N.18 Examine the importance of eating a nutritious breakfast every day.	•					•
	2.7.N.19 Plan a nutritious meal.				•	•	
	2.7.N.21 Examine the criteria for choosing a nutritious snack.		•				•

Scope and Sequence: Deal Me In: food and fitness (3-6) Workbook Activities

CALIFORNIA EDUCATION STANDARDS (GRADES 3-6)		Breakfast Balance	The Snack Machine	Food Catcher	Make It Healthier	Food Bingo	Forgetful Fred Makes a Meal
Health Education Content Standards For California Public Schools							
GRADE 4: NUTRITION AND PHYSICAL ACTIVITY							
Standard 1: Essential Concepts	4.1.N.1 Identify and define key nutrients and their functions.					•	•
Standard 6: Goal Setting	4.6.N.17 Make a plan to choose healthy foods and beverages.	•	•	•	•		•
Standard 7: Practicing Health- Enhancing Behaviors	4.7.N.19 Practice how to take personal responsibility for eating healthful foods.	•	•	•	•	•	•
GRADE 5 NUTRITION AND PHYSICAL ACTIVITY							
Standard 1: Essential Concepts	5.1.N.1 Describe the food groups, including recommended portions to eat from each food group.	•	•	•	•	•	•
	5.1.N.6 Differentiate between more nutritious and less nutritious beverages and snacks.				•	•	
	5.1.N.8 Describe the benefits of eating a nutritionally balanced diet consistent with current	•	•	•	•	•	•

	research-based dietary guidelines.						
Standard 5: Decision Making	5.5.N.18 Use a decision-making process to identify healthy foods for meals and snacks	•	•	•	•	•	•
Standard 7: Practicing Health- Enhancing Behaviors	5.7.N.23 Identify ways to choose healthy snacks based on current research-based guidelines.		•			•	

Scope and Sequence: Deal Me In: food and fitness (K-2) Card Game Activities

CALIFORNIA EDUCATION STANDARDS (GRADES K-2)		Fishing for a Food Group	Breakfast Roll	Healthy Hilda Says	Playing Hard or Hardly Playing	Fun-to-Make Recipes
Health Education Content Standards for California Public Schools						
GRADE K: NUTRITION AND PHYSICAL ACTIVITY						
Standard 1: Essential Concepts	K.1.N.1 Name a variety of healthy foods and explain why they are necessary for good health.	•	•	•		
	K.1.N.2 Identify a variety of healthy snacks.			•		•
	K.1.N.3 Describe the benefits of being physically active				•	
	K.1.N.4 Recognize the importance of a healthy breakfast.		•			
Standard 5: Decision Making	K.5.N.7 Describe ways to participate regularly in active play and enjoyable physical activity.				•	
Standard 7: Practicing Health- Enhancing Behaviors	K.7.N.8 Select nutritious snacks.			•		•
	K.7.N.9 Plan a nutritious breakfast.		•			
	K.7.N.10 Choose healthy foods in a variety of settings.	•	•			•
Standard 4: Interpersonal Communication	K.4.M.9 Cooperate and share with others.	•	•	•	•	•
Grade K: Personal and Community Health						
Standard 7: Practicing Health-	K.7.P.9 Demonstrate ways to prevent the transmission of “germs” (e.g., washing hands, using tissues).					•

Enhancing Behaviors						
Grade 1: Personal and Community Health						
Standard 1: Essential Concepts	1.1.P.3 Discuss the importance of preventing the transmission of “germs.”					•
Grade 2: Nutrition and Physical Activity						
Standard 1: Essential Concepts	2.1.N.1 Classify various foods into appropriate food groups.	•	•	•		
	2.1.N.3 Discuss the benefits of eating a nutritious breakfast every day.		•			
	2.1.N.4 List the benefits of healthy eating, including beverages and snacks.			•		•
	2.1.N.7 Identify a variety of healthy snacks.			•		•
	2.1.N.8 Identify and explore opportunities outside of school to participate regularly in physical activity.				•	
	2.1.N.9 Explain how both physical activity and eating habits can affect a person’s health.	•	•	•	•	•
Standard 5: Decision Making	2.5.N.15 Identify safe ways to increase physical activity.				•	
Standard 7: Practicing Health-Enhancing Behaviors	2.7.N.18 Examine the importance of eating a nutritious breakfast every day.		•			
	2.7.N.21 Examine the criteria for choosing a nutritious snack.			•		•
Standard 8: Health Promotion	2.8.N.23 Practice making healthy eating choices with friends and family.					•

Scope and Sequence: Deal Me In: food and fitness (3-6) Card Game Activities

CALIFORNIA EDUCATION STANDARDS (GRADES 3-6)		Fishing for a Food Group	Sizing It Up	Healthy Hilda Says	Playing Hard or Hardly Playing	Fun-to-Make Recipes
Health Education Content Standards for California Public Schools						
GRADE 3: PERSONAL AND COMMUNITY HEALTH						
Standard 1: Essential Concepts	3.1.P.3 Identify positive health practices that reduce illness and disease.					•
Grade 4: Nutrition and Physical Activity						
Standard 1: Essential Concepts	4.1.N.2 Recall the recommended number of servings and serving sizes for different food groups.		•			
	4.1.N.4 Identify how to keep food safe through proper food preparation and storage.					•
	4.1.N.7 Describe the benefits of moderate and vigorous physical activity.				•	
Standard 5: Decision Making	4.5.N.15 Describe how to use a decision-making process to select nutritious foods and beverages.			•		•
	4.5.N.16 Describe how to use a decision-making process to select healthy options for physical activity.				•	
Standard 7: Practicing Health-Enhancing Behaviors	4.7.N.19 Practice how to take personal responsibility for eating healthful foods.	•	•	•		•
	4.7.N.22 Practice how to take personal responsibility for engaging in physical activity.				•	
GRADE 5 NUTRITION AND PHYSICAL ACTIVITY						
Standard 1: Essential Concepts	5.1.N.1 Describe the food groups, including recommended portions to eat from each food group.	•	•	•		
	5.1.N.6 Differentiate between more nutritious and less nutritious beverages and snacks.			•		
	5.1.N.9 Explain how good health is influenced by healthy eating and being physically active.	•		•	•	

Standard 5: Decision Making	5.5.N.18 Use a decision-making process to identify healthy foods for meals and snacks.	•		•		•
	5.5.N.19 Use a decision-making process to determine activities that increase physical fitness.				•	
Standard 7: Practicing Health-Enhancing Behaviors	5.7.N.24 Demonstrate how to prepare a healthy meal or snack using sanitary food preparation and storage.					•
	5.7.N.26 Demonstrate the ability to assess personal physical activity levels.				•	
GRADE 5: PERSONAL AND COMMUNITY HEALTH						
Standard 1: Essential Concepts	5.1.P.1 Identify effective personal health strategies that reduce illness and injury (e.g., adequate sleep, ergonomics, sun safety, hand washing, hearing protection, tooth brushing and tooth flossing).					•