

**California Adopted Textbook Alignment
to Exercise Your Options**

Subject: Science

Grade: 6

Textbook: *Holt Science and Technology: Earth Science*

Publisher: Holt, Rinehart and Winston

Each of the Grade 6 *Exercise Your Options* program lessons is aligned to the core objectives and skills of *Holt Science and Technology: Earth Science*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

EXERCISE YOUR OPTIONS GRADE 6 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Holt Science and Technology: Earth Science Copyright © 2001, Holt, Rinehart and Winston										
Chapter 9: Heat and Heat Technology	Section: Lab Book—Counting Calories <ul style="list-style-type: none"> Understand that energy transferred by heat is often expressed in units called calories 		•	•	•	•	•	•	•	•
Chapter 10: The Flow of Fresh Water	Section 4: Using Water Wisely <ul style="list-style-type: none"> Understand that water is essential for the survival of all living things, including people 	•	•	•	•	•	•	•	•	•
Chapter 12: Interactions of Living Things	Section 2: Living Things Need Energy <ul style="list-style-type: none"> Understand that all living things need energy (food) to survive Explore a food web to understand how food gives us energy 	•	•	•	•	•	•	•	•	•
Chapter 13: Exploring the Oceans	Section 4: Resources From the Oceans <ul style="list-style-type: none"> Understand that we harvest some of our food from the oceans Understand that fish are an important source of protein Learn that seaweed (algae) is used to make many familiar foods (e.g., kelp is used as a thickener in ice cream and jelly) 		•	•	•	•	•			
Appendix	Concept Mapping: A Way to Bring Ideas Together <ul style="list-style-type: none"> Learn how to think visually by organizing information and recording ideas in a concept map 								•	

EXERCISE YOUR OPTIONS GRADE 6 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
	Making Charts and Graphs: Bar Graphs <ul style="list-style-type: none"> • Make and interpret data in a bar graph 			•						

**California Adopted Textbook Alignment
to Exercise Your Options**

Subject: Science

Grade: 6

Textbook: *Focus on Earth Science (Science Explorer)*

Publisher: Prentice-Hall

Each of the Grade 6 *Exercise Your Options* program lessons is aligned to the core objectives and skills of *Focus on Earth Science (Science Explorer)*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

EXERCISE YOUR OPTIONS GRADE 6 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2: (Part 1): Food Group Experts	Lesson 2: (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Focus on Earth Science (Science Explorer) Copyright © 2001, Prentice-Hall, Inc.										
Chapter 9: Earth the Water Planet	Section 1: How Is Water Important? <ul style="list-style-type: none"> Understand that water is essential for all living things, including people 	•	•	•	•	•	•	•	•	•
Chapter 18: Populations and Communities	Section 2: Studying Populations <ul style="list-style-type: none"> Understand that all organisms require food to survive 	•	•	•	•	•	•	•	•	•
Chapter 19: Ecosystems and Biomes	Section 1: Energy Flow in Ecosystems <ul style="list-style-type: none"> List different types of food eaten for a meal and count the number of food sources from plants and from animals 				•	•	•			
All Chapters	Assessment <ul style="list-style-type: none"> Think visually by organizing information and recording observations in a concept map, table or graph Interpret data in a concept map, table or graph 			•	•	•	•	•	•	

EXERCISE YOUR OPTIONS GRADE 6 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2: (Part 1): Food Group Experts	Lesson 2: (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
All Chapters	Science Process (Inquiry) Skills: <ul style="list-style-type: none"> • Observe • Infer and predict • Classify • Communicate • Measure and calculate • Create data tables • Pose questions • Interpret data • Draw conclusions 	•	•	•	•	•	•	•	•	•

**California Adopted Textbook Alignment
to Exercise Your Options**

Subject: Science

Grade: 7

Textbook: *Holt Science and Technology: Life Science*

Publisher: Holt, Rinehart and Winston

Each of the Grade 7 *Exercise Your Options* program lessons is aligned to the core objectives and skills of *Holt Science and Technology: Life Science*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

EXERCISE YOUR OPTIONS GRADE 7 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Holt Science and Technology: Life Science Copyright © 2001, Holt, Rinehart and Winston										
Chapter 1: It's Alive! Or, Is It?	Section 2: The Simple Bare Necessities of Life <ul style="list-style-type: none"> Understand that all living things must satisfy their basic needs for water, food and air Understand that food provides all organisms with the energy and raw materials needed to carry on life processes and to build and repair cells and body parts Learn that the body is approximately 70 percent water 	•	•	•	•	•	•	•	•	•
	Section 3: The Chemistry of Life <ul style="list-style-type: none"> Learn the functions of proteins and carbohydrates Learn that we get the raw materials to make carbohydrates, proteins and lipids that our bodies need from the foods we eat Read Nutrition Labels to examine the number of grams of carbohydrates, fats and proteins in each food product 		•	•	•	•	•	•		

EXERCISE YOUR OPTIONS GRADE 7 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What’s For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Chapter 5: The Cell in Action	Section: Lab Book—Stayin’ Alive! <ul style="list-style-type: none"> Investigate the number of calories necessary for a healthy diet Learn which foods are best sources of energy Evaluate your own diet with information gleaned from research Calculate calories consumed each day		•	•	•	•	•	•	•	•
Chapter 11: Introduction to Plants	Section: Investigate <ul style="list-style-type: none"> Evaluate and classify ingredients in a recipe to determine which come directly or indirectly from plants 		•	•						
Chapter 16: Birds and Mammals	Section 2: Characteristics of Mammals <ul style="list-style-type: none"> Learn that all mammals, including humans, produce nutrient-rich milk for their young that contains varying amounts of water, protein, fat and sugar 		•	•						
Chapter 19: Body Organization and Structure	Section 2: The Skeletal System <ul style="list-style-type: none"> Learn that bone stores and releases essential minerals, such as calcium, to help the nerves and muscles function properly Understand the need to maintain healthy bones 		•	•	•	•	•	•		
	Section 3: The Muscular System <ul style="list-style-type: none"> Learn the function of muscles Learn about and compare aerobic exercise to resistance exercise Learn how muscles and bone work together when we engage in physical activity 							•		
Chapter 20: Circulation and Respiration	Section: Investigate <ul style="list-style-type: none"> Conduct an experiment to learn how exercise affects heart rate 							•		
Appendix	Concept Mapping: A Way to Bring Ideas Together <ul style="list-style-type: none"> Learn how to think visually by organizing information and recording ideas in a concept map 								•	

EXERCISE YOUR OPTIONS GRADE 7 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What’s For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
	Making Charts and Graphs: Bar Graphs <ul style="list-style-type: none"> • Make and interpret data in a bar graph 			•						

**California Adopted Textbook Alignment
to Exercise Your Options**

Subject: Science

Grade: 7

Textbook: *Focus on Life Science (Science Explorer)*

Publisher: Prentice-Hall

Each of the Grade 7 *Exercise Your Options* program lessons is aligned to the core objectives and skills of *Focus on Life Science (Science Explorer)*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

EXERCISE YOUR OPTIONS GRADE 7 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Focus on Life Science (Science Explorer) Copyright © 2001, Prentice-Hall, Inc.										
Chapter 1: Cell Structure and Function	Section 3: Chemical Compounds in Cells <ul style="list-style-type: none"> Learn about the function of carbohydrates and proteins Learn that when we eat carbohydrates, our bodies break down the starch into glucose, a sugar that our cells use to produce energy Learn that foods high in protein include meat, eggs, fish, nuts and beans Learn that water makes up about two-thirds of the human body Learn the importance of looking at Nutrition Facts labels 		•	•	•	•	•	•	•	•
Chapter 7: Living Things	Section 1: What Is Life? <ul style="list-style-type: none"> Understand that all living things must satisfy their basic needs for water and energy (food) 	•	•	•	•	•	•	•	•	•
Chapter 15: Birds and Mammals	Section 3: What Is a Mammal? <ul style="list-style-type: none"> Examine the Nutrition Facts listed on a container of milk to determine the nutrients it contains. Discuss why milk is an ideal source of food for young, growing mammals. 		•	•	•	•	•	•	•	•

EXERCISE YOUR OPTIONS GRADE 7 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What’s For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Chapter 16: Healthy Body Systems	Project 16: Time for a Change <ul style="list-style-type: none"> Identify an unhealthy habit you want to change, design a realistic plan to change and keep a daily log to record progress 								•	•
	Section 3: Integrating Health— Wellness <ul style="list-style-type: none"> Name and describe components of wellness (i.e., physical, mental and social health) Explain how to evaluate wellness and list ways to improve personal health Learn what factors you can and cannot change to improve health Learn to make healthy decisions by thinking through the benefits and risks of an action you might take 	•	•	•	•	•	•	•	•	•
Chapter 17: Bones, Muscles and Skin	Section 1: The Skeletal System <ul style="list-style-type: none"> Learn that teens who are still growing need a combination of a balanced diet and regular exercise for a lifetime of healthy bones Learn that weight-bearing exercises promote bone growth and prevent bone loss Explain behaviors that are important for keeping bones healthy Demonstrate easy, moderate and vigorous physical activities 	•	•	•	•	•	•	•	•	•
Chapter 18: Food and Digestion	Project 18: What’s for Lunch? <ul style="list-style-type: none"> Observe and maintain records of eating habits Measure or estimate the size of food servings Collect and evaluate collected data Interpret data and make judgments about how to improve diets 				•	•	•			

EXERCISE YOUR OPTIONS GRADE 7 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What’s For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
	<p>Section 1: Food and Energy</p> <ul style="list-style-type: none"> Describe the function of water in the body Describe the functions of nutrients in the body Distinguish between food claims that are fact or fiction Learn the role of carbohydrates, fats, proteins, vitamins and minerals in our diet 	•	•	•	•	•	•	•	•	•
	<p>Section 2: Integrating Health—Healthy Eating</p> <ul style="list-style-type: none"> Learn which snack foods contain fat List and describe the information that is included in Nutrition Facts labels Learn about the Food Guide Pyramid* Learn how many calories should be consumed daily for optimal health 		•	•	•	•	•		•	•
	<p>Science and Society</p> <ul style="list-style-type: none"> Learn how food advertising influences children List some possible solutions to the problem of food advertisements on children’s television 	•	•	•	•	•	•	•	•	•
	<p>Assessment</p> <ul style="list-style-type: none"> Classify foods into their correct food groups Determine how many cups of low-fat milk provide the daily recommended amount of calcium Reflect on food logs and plans for improvement. Think of ways to continue progress. 		•	•	•	•	•		•	•
Chapter 19: Circulation	<p>Section 2: A Closer Look at Blood Vessels</p> <ul style="list-style-type: none"> Understand why regular physical activity helps maintain a healthy cardiovascular system Learn that physical activity increases heart rates Learn which foods are “heart healthy” Learn that to maintain cardiovascular health, people should exercise 							•	•	•

EXERCISE YOUR OPTIONS GRADE 7 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
	regularly, eat a balanced diet that is low in added fat and sodium and avoid smoking									
Chapter 23: The Endocrine System and Reproduction	Section 4: Integrating Health— Adolescence: A Time of Change <ul style="list-style-type: none"> Learn about bone and muscle growth in adolescence Learn about mental and social changes, including peer pressure in adolescence Learn that teens need to eat well-balanced and nutritious diets because their bodies are growing and changing so rapidly Use reference materials to learn about and summarize nutritional requirements for growing teens Plan a healthful diet based on research Learn that talking to an older relative is a good way to make sensible diet and exercise plans Learn that regular exercise is part of being healthy 	•	•	•	•	•	•	•	•	•
All Chapters	Assessment <ul style="list-style-type: none"> Think visually by organizing information and recording observations in a concept map, table or graph Interpret data in a concept map, table or graph 			•	•	•	•	•	•	•
All Chapters	Science Process (Inquiry) Skills: <ul style="list-style-type: none"> Observe Infer and predict Classify Communicate Measure and calculate Create data tables Pose questions Interpret data Draw conclusions 	•	•	•	•	•	•	•	•	•

* In 2005, the U.S. Dept. of Agriculture (USDA) replaced the Food Guide Pyramid with a new food guidance system, called MyPyramid, which is based on the same food grouping system that has been the foundation of nutrition education since the turn of the century.

**California Adopted Textbook Alignment
to Exercise Your Options**

Subject: Science

Grade: 8

Textbook: *Holt Science and Technology: Physical Science*

Publisher: Holt, Rinehart and Winston

Each of the Grade 8 *Exercise Your Options* program lessons is aligned to the core objectives and skills *Holt Science and Technology: Physical Science*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

EXERCISE YOUR OPTIONS GRADE 8 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Holt Science and Technology: Physical Science Copyright © 2001, Holt, Rinehart and Winston										
Chapter 4: Elements, Compounds and Mixtures	Section 3: Properties of Mixtures <ul style="list-style-type: none"> Learn that some foods, like pizza, are mixtures, or mixed foods Compare and contrast foods that are mixtures with foods that are compounds 				•	•	•			
Chapter 5: Matter in Action	Section 1: Measuring Motion <ul style="list-style-type: none"> Understand and practice calculating acceleration in relation to physical activities 							•		
Chapter 8: Work and Machines	Section 1: Work and Power <ul style="list-style-type: none"> Understand scientific principles of work and power in relation to physical activities 							•		
	Section: Lab Book—A Powerful Workout <ul style="list-style-type: none"> Conduct an experiment to calculate and analyze work and power when climbing a flight of stairs at different speeds 							•		
Chapter 9: Energy and Energy Resources	Section 2: Energy Conversions <ul style="list-style-type: none"> Learn about conversions involving chemical energy (e.g., foods we eat converted into kinetic energy when we are physically active) 							•		

EXERCISE YOUR OPTIONS GRADE 8 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Chapter 16: Chemical Compounds	Section 3: Biochemicals: The Compounds of Life <ul style="list-style-type: none"> Learn about and compare simple carbohydrates and complex carbohydrates Learn about carbohydrates, proteins and fats Learn why high-fiber foods are healthy and how they help the digestive system Identify on a Nutrition Facts label the carbohydrate, fat and protein content of the food Learn about lactose intolerance 		•	•	•	•	•	•	•	•
Appendix	Concept Mapping: A Way to Bring Ideas Together <ul style="list-style-type: none"> Learn how to think visually by organizing information and recording ideas in a concept map 								•	
	Making Charts and Graphs: Bar Graphs <ul style="list-style-type: none"> Make and interpret data in a bar graph 			•						

**California Adopted Textbook Alignment
to Exercise Your Options**

Subject: Science

Grade: 8

Textbook: *Focus on Physical Science (Science Explorer)*

Publisher: Prentice-Hall

Each of the Grade 8 *Exercise Your Options* program lessons is aligned to the core objectives and skills *Focus on Physical Science (Science Explorer)*. Alignments include completion of student workbook lessons, classroom activities and classroom discussions.

EXERCISE YOUR OPTIONS GRADE 8 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
Focus on Physical Science (Science Explorer) Copyright © 2001, Prentice-Hall, Inc.										
Chapter 1: Motion	Section 1: Describing and Measuring Motion <ul style="list-style-type: none"> Understand and describe motion in relation to physical activities 							•		
Chapter 2: Forces	Section 2: Force, Mass and Acceleration <ul style="list-style-type: none"> Understand force, mass and acceleration in relation to physical activities 							•		
Chapter 21: Chemistry of Living Systems	Section 3: Life With Carbon <ul style="list-style-type: none"> Learn that one should eat a variety of foods to provide a healthy balance of carbohydrates, proteins, fats and other nutrients 	•	•	•	•	•	•		•	•
	Facilitate: Nutrients From Foods <ul style="list-style-type: none"> Learn about nutrients we get from foods and how our bodies use those nutrients Learn that a well-balanced meal should contain both carbohydrates and proteins Learn about simple and complex carbohydrates and how each type affects our bodies Learn about proteins and which foods provide protein Learn about fats and oils in our diet 	•	•	•	•	•	•		•	•

EXERCISE YOUR OPTIONS GRADE 8 STUDENT ACTIVITIES		Lesson 1: Options, Choices, Decisions	Lesson 2 (Part 1): Food Group Experts	Lesson 2 (Part 2): Food Group Experts	Lesson 3: Lunch at the Mall	Lesson 4: What's For Breakfast	Lesson 5: Food Records	Lesson 6: Get Moving!	Lesson 7: Road- block Busters	Lesson 8: A Brand New Day
	Real-World Lab: Are You Getting Your Vitamins? <ul style="list-style-type: none"> Compare how different foods supply specific nutrients Draw conclusions about the nutritional value of different beverages 		•	•	•	•	•		•	•
All Chapters	Assessment <ul style="list-style-type: none"> Think visually by organizing information and recording observations in a concept map, table or graph Interpret data in a concept map, table or graph 			•	•	•	•	•	•	
All Chapters	Science Process (Inquiry) Skills: <ul style="list-style-type: none"> Observe Infer and predict Classify Communicate Measure and calculate Create data tables Pose questions Interpret data Draw conclusions 	•	•	•	•	•	•	•	•	•