

**California Adopted Textbook Alignment
to *Nutrition Pathfinders* (CD Activities)**

Subject: Science
Grade: 3
Textbook: *Harcourt Science*
Publisher: Harcourt

Each of the Grade 3 *Nutrition Pathfinders: Camp Eatawella* CD activities is aligned to the core objectives and skills of *Harcourt Science*.

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 3 STUDENT ACTIVITIES		Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
Harcourt Science Copyright © 2000, Harcourt, Inc.						
Unit A: Survival of Living Things	Chapter 1: How Plants Grow [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•
	[Lesson 3] <ul style="list-style-type: none"> Understand that the leaves, stems, roots, seeds, fruits and flowers of plants are used as food by people and other animals 		•	•		
	Chapter 2: Types of Animals [Health Link] <ul style="list-style-type: none"> Keep track of foods typically eaten in a day Classify foods as coming from a plant or animal 		•	•		
Unit C: Investigating Matter and Energy	Chapter 1: Properties of Matter [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•
	[Lesson 1] <ul style="list-style-type: none"> Understand that people enjoy favorite foods partly because of their smells 		•	•		
	Chapter 2: Changes in Matter [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 3 STUDENT ACTIVITIES		Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
	<p>[Lesson 1]</p> <ul style="list-style-type: none"> Understand that some foods are mixtures (mixed foods), containing two or more different types of matter Learn about and identify foods that have undergone chemical changes during cooking or baking 			•		
	<p>Chapter 3: Energy [Introduction]</p> <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•
	<p>[Lesson 1]</p> <ul style="list-style-type: none"> Understand that food contains the energy we use to power our bodies Learn that our bodies store energy from the foods we eat 		•	•	•	
All Units and All Chapters: Skills for Lifelong Learning	<p>Develop science process (inquiry) skills:</p> <ul style="list-style-type: none"> Observe and compare Classify and order Predict and infer Recognize cause and effect Draw logical conclusions Use numbers to quantify data Gather, record, display or interpret data in charts, tables, graphs or other graphic organizers 	•	•	•	•	•
	<p>Integrate reading, writing and math skills:</p> <ul style="list-style-type: none"> Provide opportunities to integrate meaningful reading, writing and math activities and strategies into science content 	•	•	•	•	•
Extension Chapters	<p>Chapter 1: Living Things Depend on One Another [Health Link]</p> <ul style="list-style-type: none"> Learn that the foods we eat contain nutrients that our bodies need to grow and function properly Learn about foods rich in vitamins A, C and E, and in the minerals calcium and iron 		•	•		

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 3 STUDENT ACTIVITIES		Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
Health Handbook: Pupil Edition	Being Physically Active <ul style="list-style-type: none"> • Plan weekly activities • Learn guidelines for healthy exercise • Learn warm-up and cool-down stretches • Learn how to build a strong heart and lungs 				•	•
	Nutrition and Food Safety <ul style="list-style-type: none"> • Learn about the Food Guide Pyramid* • Learn about estimating serving sizes • Learn ways to fight bacteria • Learn food safety tips 		•	•		•
	Caring for Your Body Systems <ul style="list-style-type: none"> • Learn that being healthy means learning about and taking care of eyes and ears, skeletal, digestive, circulatory, respiratory, muscular and nervous systems 		•	•	•	•

* 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 *Nutrition Pathfinders* (CD Activities)**

Subject: Science

Grade: 3

Textbook: *Houghton Mifflin Science Discovery Works, Units A-D*

Publisher: Houghton Mifflin

Each of the Grade 3 *Nutrition Pathfinders: Camp Eatawella CD* activities is aligned to the core objectives and skills of *Houghton Mifflin Science Discovery Works, Units A-D*.

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 3 STUDENT ACTIVITIES	Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
<i>Houghton Mifflin Science Discovery Works—Unit A: Roles of Living Things</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 1: Relationships Among Living Things <ul style="list-style-type: none"> Understand that we eat plants or animals or both Keep a food record of and discuss foods eaten in a day/week 		•	•		•
<i>Houghton Mifflin Science Discovery Works—Unit C: Matter, Energy and Forces</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 2: Energy and Change <ul style="list-style-type: none"> Understand that foods we eat have stored energy that our bodies use 		•	•	•	
All Units/All Lessons: Skills for Science Literacy <ul style="list-style-type: none"> Observe Classify Measure/Use Numbers Communicate Predict and make inferences Collect, record and interpret data Develop critical thinking skills 	•	•	•	•	•
All Units/All Lessons: Curriculum Integration <ul style="list-style-type: none"> Provide opportunities to integrate science into other school subjects, including literature, math, writing, social studies, the arts and technology 	•	•	•	•	•

**California Adopted Textbook Alignment
to *Nutrition Pathfinders* (Student Workbook Activities)**

Subject: Science
Grade: 3
Textbook: *Harcourt Science*
Publisher: Harcourt

Each of the Grade 3 *Nutrition Pathfinders* Student Workbook activities is aligned to the core objectives and skills of *Harcourt Science*.

NUTRITION PATHFINDERS STUDENT ACTIVITIES GRADE 3		Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
Harcourt Science Copyright © 2000, Harcourt, Inc.						
Unit A: Survival of Living Things	Chapter 1: How Plants Grow [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•
	[Lesson 3] <ul style="list-style-type: none"> Understand that the leaves, stems, roots, seeds, fruits and flowers of plants are used as food by people and other animals 			•	•	
	Chapter 2: Types of Animals [Health Link] <ul style="list-style-type: none"> Make a list of foods typically eaten in a day Classify foods as coming from a plant or animal 			•	•	
Unit C: Investigating Matter and Energy	Chapter 1: Properties of Matter [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•
	[Lesson 1] <ul style="list-style-type: none"> Understand that people enjoy favorite foods partly because of their smell 			•	•	
	Chapter 2: Changes in Matter [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•

NUTRITION PATHFINDERS STUDENT ACTIVITIES GRADE 3		Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
	<p>[Lesson 1]</p> <ul style="list-style-type: none"> Learn that some foods are mixtures (mixed foods), containing two or more different types of matter Learn about and identify foods that have undergone chemical changes during cooking or baking 			•	•	
	<p>Chapter 3: Energy [Introduction]</p> <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•
	<p>[Lesson 1]</p> <ul style="list-style-type: none"> Understand that food contains the energy we use to power our bodies Learn that our bodies store energy from the foods we eat 			•	•	•
All Units and All Chapters: Skills for Lifelong Learning	<p>Develop science process (inquiry) skills:</p> <ul style="list-style-type: none"> Observe and compare Classify and order Predict and infer Recognize cause and effect Draw logical conclusions Use numbers to quantify data Gather, record, display or interpret data in charts, tables, graphs or other graphic organizers 	•	•	•	•	•
	<p>Integrate reading, writing and math skills:</p> <ul style="list-style-type: none"> Provide opportunities to integrate meaningful reading, writing and math activities and strategies into science content 	•	•	•	•	•
Extension Chapters	<p>Chapter 1: Living Things Depend on One Another [Health Link]</p> <ul style="list-style-type: none"> Learn that the foods we eat contain nutrients that our bodies need to grow and function properly Learn about foods rich in vitamins A, C and E and in the minerals calcium and iron 			•	•	
Health Handbook: Pupil Edition	<p>Being Physically Active</p> <ul style="list-style-type: none"> Plan weekly activities Learn guidelines for healthy exercise Learn warm-up and cool-down stretches Learn how to build a strong heart and lungs 					•

NUTRITION PATHFINDERS STUDENT ACTIVITIES GRADE 3		Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
	Nutrition and Food Safety <ul style="list-style-type: none"> • Learn about the Food Guide Pyramid* • Learn about estimating serving sizes • Learn ways to fight bacteria • Learn food safety tips 			•	•	
	Caring for Your Body Systems <ul style="list-style-type: none"> • Learn that being healthy means learning about and taking care of eyes and ears, skeletal, digestive, circulatory, respiratory, muscular and nervous systems 			•	•	•

* 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 *Nutrition Pathfinders* (Student Workbook Activities)**

Subject: Science

Grade: 3

Textbook: *Houghton Mifflin Discovery Works, Units A-D*

Publisher: Houghton Mifflin

Each of the Grade 3 *Nutrition Pathfinders* Student Workbook activities is aligned to the core objectives and skills of *Houghton Mifflin Science Discovery Works, Units A-D*.

NUTRITION PATHFINDERS STUDENT ACTIVITIES GRADE 3	Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
<i>Houghton Mifflin Science Discovery Works, Unit A: Roles of Living Things</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 1: Relationships Among Living Things <ul style="list-style-type: none"> Understand that we eat plants or animals or both Keep a food record of foods eaten in a day/week 			•	•	
<i>Houghton Mifflin Science Discovery Works, Unit C: Matter, Energy and Forces</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 2: Energy and Change <ul style="list-style-type: none"> Understand that foods we eat have stored energy that our bodies use 			•	•	•
All Units/All Lessons: Skills for Science Literacy <ul style="list-style-type: none"> Observe Classify Measure/Use Numbers Communicate Predict and make inferences Collect, record and interpret data Develop critical thinking skills 	•	•	•	•	•
All Units/All Lessons: Curriculum Integration <ul style="list-style-type: none"> Provide opportunities to integrate science into other school subjects, including literature, math, writing, social studies, the arts and technology 	•	•	•	•	•

**California Adopted Textbook Alignment
to *Nutrition Pathfinders* (CD Activities)**

Subject: Science
Grade: 4
Textbook: *Harcourt Science*
Publisher: Harcourt

Each of the Grade 4 *Nutrition Pathfinders: Camp Eatawella* CD activities is aligned to the core objectives and skills of *Harcourt Science*.

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 4 STUDENT ACTIVITIES		Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
Harcourt Science Copyright © 2000, Harcourt, Inc.						
Unit A: Interactions of Living Things	Chapter 1: Animal Growth and Adaptations [Lesson 1] <ul style="list-style-type: none"> Recognize that all animals, including humans, eat food to get the energy they need to live and grow Recognize that all animals, including humans, need water to replace the water they lose from their bodies each day 		•	•		
	Chapter 2: Plant Growth and Adaptations [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•
	[Science and Technology: "Superveggies"] <ul style="list-style-type: none"> Read the article "Superveggies" to learn about new food research and the careers of people who conduct food science research 		•	•		
	Chapter 3: Living Things Interact [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•
	[Lesson 2] <ul style="list-style-type: none"> Understand that energy is transferred in a human food chain 		•	•	•	

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 4 STUDENT ACTIVITIES		Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
	<p>[Activities for Home Or School: Pyramids]*</p> <ul style="list-style-type: none"> • Compare the Food Guide Pyramid* with an energy pyramid • Compare a school cafeteria menu to the Food Guide Pyramid* • Draw conclusions that people are first-level consumers when they eat fruits and vegetables and second- and third-level consumers when they eat meats and other foods 		•	•		
All Units and All Chapters: Skills for Lifelong Learning	<p>Develop science process (inquiry) skills:</p> <ul style="list-style-type: none"> • Observe and compare • Classify and order • Predict and infer • Recognize cause and effect • Draw logical conclusions • Use numbers to quantify data • Gather, record, display or interpret data in charts, tables, graphs or other graphic organizers 	•	•	•	•	•
	<p>Integrate reading, writing and math skills:</p> <ul style="list-style-type: none"> • Provide opportunities to integrate meaningful reading, writing and math activities and strategies into science content 	•	•	•	•	•
Extension Chapters	<p>Chapter 1: Human Body Systems [Introduction]</p> <ul style="list-style-type: none"> • Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•
	<p>[Lesson 1]</p> <ul style="list-style-type: none"> • Learn how skeletal and muscular systems work • Review the function of bones and how to keep them healthy through a calcium-rich diet and exercise 		•	•	•	
	<p>[Lesson 3: Health Link]</p> <ul style="list-style-type: none"> • Research the Food Guide Pyramid* 		•	•		
Health Handbook: Pupil Edition	<p>Nutrition and Food Safety</p> <ul style="list-style-type: none"> • Learn about the Food Guide Pyramid* • Learn about estimating serving sizes • Learn ways to fight bacteria • Learn food safety tips 		•	•		•

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 4 STUDENT ACTIVITIES		Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
	Being Physically Active <ul style="list-style-type: none"> • Plan weekly activities • Learn guidelines for healthy exercise 				•	•
	Caring for Your Body Systems <ul style="list-style-type: none"> • Learn that being healthy means learning about and taking care of sense organs, skeletal, digestive, circulatory, respiratory, muscular and nervous systems 		•	•	•	•

* 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 *Nutrition Pathfinders* (CD Activities)**

Subject: Science

Grade: 4

Textbook: *Houghton Mifflin Science Discovery Works, Units A-D*

Publisher: Houghton Mifflin

Each of the Grade 4 *Nutrition Pathfinders: Camp Eatawella CD* activities is aligned to the core objectives and skills of *Houghton Mifflin Science Discovery Works, Units A-D*.

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 4 STUDENT ACTIVITIES	Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
<i>Houghton Mifflin Science Discovery Works, Unit B: Populations and Ecosystems</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 1: Living Things and Environments <ul style="list-style-type: none"> Understand that humans produce energy by using chemical energy stored in food 		•	•	•	•
Chapter 2: Energy and Matter in Ecosystems <ul style="list-style-type: none"> Understand why people must eat Understand that all living things need energy (in the form of food) to survive Understand that food gives us the energy we need to grow, move, breathe and even think Understand that food energy is measured in units called calories 	•	•	•	•	•
All Units/All Lessons: Skills for Science Literacy <ul style="list-style-type: none"> Observe Classify Measure/Use Numbers Communicate Predict and make inferences Collect, record and interpret data Develop critical thinking skills 	•	•	•	•	•
All Units/All Lessons: Curriculum Integration <ul style="list-style-type: none"> Provide opportunities to integrate science into other school subjects, including literature, math, writing, social studies, the arts and technology 	•	•	•	•	•

**California Adopted Textbook Alignment
to *Nutrition Pathfinders* (Student Workbook Activities)**

Subject: Science
Grade: 4
Textbook: *Harcourt Science*
Publisher: Harcourt

Each of the Grade 4 *Nutrition Pathfinders* Student Workbook activities is aligned to the core objectives and skills of *Harcourt Science*.

NUTRITION PATHFINDERS GRADE 4 STUDENT ACTIVITIES		Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
Harcourt Science Copyright © 2000, Harcourt, Inc.						
Unit A: Interactions of Living Things	Chapter 1: Animal Growth and Adaptations [Lesson 1] <ul style="list-style-type: none"> Recognize that all animals, including humans, eat food to get the energy they need to live and grow Recognize that all animals, including humans, need water to replace the water they lose from their bodies each day 			•	•	
	Chapter 2: Plant Growth and Adaptations [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•
	[Science and Technology: "Superveggies"] <ul style="list-style-type: none"> Read the article "Superveggies" to learn about new food research and the careers of people who conduct food science research 			•	•	
	Chapter 3: Living Things Interact [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•
	[Lesson 2] <ul style="list-style-type: none"> Understand that energy is transferred in a human food chain 			•	•	•

NUTRITION PATHFINDERS GRADE 4 STUDENT ACTIVITIES		Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
	<p>[Activities for Home or School: Pyramids]*</p> <ul style="list-style-type: none"> • Compare the Food Guide Pyramid* with an energy pyramid • Compare a school cafeteria menu to the Food Guide Pyramid* • Draw conclusions that people are first-level consumers when they eat fruits and vegetables and second- and third-level consumers when they eat meats and other foods 			•	•	
All Units and All Chapters: Skills for Lifelong Learning	<p>Develop science process (inquiry) skills:</p> <ul style="list-style-type: none"> • Observe and compare • Classify and order • Predict and infer • Recognize cause and effect • Draw logical conclusions • Use numbers to quantify data • Gather, record, display or interpret data in charts, tables, graphs or other graphic organizers 	•	•	•	•	•
	<p>Integrate reading, writing and math skills:</p> <ul style="list-style-type: none"> • Provide opportunities to integrate meaningful reading, writing and math activities and strategies into science content 	•	•	•	•	•
Extension Chapters	<p>Chapter 1: Human Body Systems [Introduction]</p> <ul style="list-style-type: none"> • Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•
	<p>[Lesson 1]</p> <ul style="list-style-type: none"> • Learn how skeletal and muscular systems work • Review the function of bones and how to keep them healthy through a calcium-rich diet and exercise 			•	•	•
	<p>[Lesson 3: Health Link]</p> <ul style="list-style-type: none"> • Research the Food Guide Pyramid* 			•	•	
Health Handbook: Pupil Edition	<p>Nutrition and Food Safety</p> <ul style="list-style-type: none"> • Learn about the Food Guide Pyramid* • Learn about estimating serving sizes • Learn ways to fight bacteria • Learn food safety tips 			•	•	

NUTRITION PATHFINDERS GRADE 4 STUDENT ACTIVITIES		Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
	Being Physically Active <ul style="list-style-type: none"> • Plan weekly activities • Learn guidelines for healthy exercise 					•
	Caring for Your Body Systems <ul style="list-style-type: none"> • Learn that being healthy means learning about and taking care of sense organs, skeletal, digestive, circulatory, respiratory, muscular and nervous systems 			•	•	•

* 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 *Nutrition Pathfinders* (Student Workbook Activities)**

Subject: Science

Grade: 4

Textbook: *Houghton Mifflin Science Discovery Works, Units A-D*

Publisher: Houghton Mifflin

Each of the Grade 4 *Nutrition Pathfinders* Student Workbook activities is aligned to the core objectives and skills of *Houghton Mifflin Science Discovery Works, Units A-D*.

NUTRITION PATHFINDERS GRADE 4 STUDENT ACTIVITIES	Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
<i>Houghton Mifflin Science Discovery Works, Unit B: Populations and Ecosystems</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 1: Living Things and Environments <ul style="list-style-type: none"> Understand that humans produce energy by using chemical energy stored in food 			•	•	•
Chapter 2: Energy and Matter in Ecosystems <ul style="list-style-type: none"> Understand why people must eat Understand that all living things need energy (in the form of food) to survive Understand that food gives us the energy we need to grow, move, breathe and even think Understand that food energy is measured in units called calories 			•	•	•
All Units/All Lessons: Skills for Science Literacy <ul style="list-style-type: none"> Observe Classify Measure/Use Numbers Communicate Predict and make inferences Collect, record and interpret data Develop critical thinking skills 	•	•	•	•	•
All Units/All Lessons: Curriculum Integration <ul style="list-style-type: none"> Provide opportunities to integrate science into other school subjects, including literature, math, writing, social studies, the arts and technology 	•	•	•	•	•

**California Adopted Textbook Alignment
to *Nutrition Pathfinders* (CD Activities)**

Subject: Science
Grade: 5
Textbook: *Harcourt Science*
Publisher: Harcourt

Each of the Grade 5 *Nutrition Pathfinders: Camp Eatawella* CD activities is aligned to the core objectives and skills of *Harcourt Science*.

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 5 STUDENT ACTIVITIES		Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
Harcourt Science Copyright © 2000, Harcourt, Inc.						
Unit A: Systems of Living Things	Chapter 1: From Single Cells to Body Systems [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•
	[Lesson 2] <ul style="list-style-type: none"> Learn that exercise increases heart rates Learn that the digestive system provides the body with the nutrients needed to produce energy 		•	•	•	
	[Lesson 3] <ul style="list-style-type: none"> Learn that bones, muscles and nerves work together during physical activity 				•	
	Chapter 3: Plants and Their Adaptations [Lesson 4] <ul style="list-style-type: none"> Learn about the Food Guide Pyramid* Classify foods by food groups Learn that foods from the food groups are the most healthful and Extras (foods that contain added fat and/or sugar) are the least healthful 		•	•		•
Unit C: Matter and Energy	Chapter 1: Matter and Its Properties [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to starting the CD simulation, and the post-assessment following the simulation.] 	•				•
	[Lesson 1] <ul style="list-style-type: none"> Learn that many of the foods we eat are examples of mixtures and solutions, e.g., chocolate milk (solution) and salad (mixture) 		•	•		

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 5 STUDENT ACTIVITIES		Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
	Chapter 3: Energy [Introduction: Fast Fact] <ul style="list-style-type: none"> Learn that food energy is measured in units called calories Review a table showing how many calories a person uses during certain physical activities 		•	•	•	
All Units and All Chapters: Skills for Lifelong Learning	Develop science process (inquiry) skills: <ul style="list-style-type: none"> Observe and compare Classify and order Predict and infer Recognize cause and effect Draw logical conclusions Use numbers to quantify data Gather, record, display or interpret data in charts, tables, graphs or other graphic organizers 	•	•	•	•	•
	Integrate reading, writing and math skills: <ul style="list-style-type: none"> Provide opportunities to integrate meaningful reading, writing and math activities and strategies into science content 	•	•	•	•	•
Health Handbook: Pupil Edition	Nutrition and Food Safety <ul style="list-style-type: none"> Learn about the Food Guide Pyramid* Learn how to prepare and eat a balanced breakfast Learn about estimating serving sizes Learn ways to fight bacteria Learn food safety tips 		•	•		•
	Being Physically Active <ul style="list-style-type: none"> Plan weekly activities Learn guidelines for healthy exercise Learn warm-up and cool-down stretches Learn to build a strong heart and lungs 				•	•
	Caring for Your Body Systems <ul style="list-style-type: none"> Learn that being healthy means learning about and taking care of sense organs, skeletal, digestive, circulatory, respiratory, muscular and nervous systems 		•	•	•	•

* 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 *Nutrition Pathfinders* (CD Activities)**

Subject: Science

Grade: 5

Textbook: *Houghton Mifflin Science Discovery Works, Units A-E*

Publisher: Houghton Mifflin

Each of the Grade 5 *Nutrition Pathfinders: Camp Eatawella CD* activities is aligned to the core objectives and skills of *Houghton Mifflin Science Discovery Works, Units A-E*.

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 5 STUDENT ACTIVITIES	Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
Houghton Mifflin Science Discovery Works, Unit A: Systems in Living Things Copyright © 2000, Houghton Mifflin Company					
Chapter 2: Digestion and Respiration <ul style="list-style-type: none"> Understand that breathing rates change during exercise Learn that breathing rates are lower when a body is at rest and higher when a body is active 				•	
Chapter 3: Circulation and Excretion <ul style="list-style-type: none"> Understand that exercise increases heartbeat rates Infer that exercise increases the body's need for oxygen Learn that people need water to help keep them healthy Learn that much of the water we need can be found in the liquids that we drink and the foods we eat 		•	•	•	
Houghton Mifflin Science Discovery Works, Unit C: The Nature of Matter Copyright © 2000, Houghton Mifflin Company					
Chapter 2: Kinds of Matter <ul style="list-style-type: none"> Learn that some foods, like ice cream, vegetable soup or fruit salad are mixtures (mixed foods) Compare and contrast foods that are mixtures with foods that are compounds 		•	•		
Houghton Mifflin Science Discovery Works, Unit D: Water on Earth Copyright © 2000, Houghton Mifflin Company					
Chapter 1: The Water Around Us <ul style="list-style-type: none"> Learn that the human body is about 60 percent water Learn that our body takes in water through foods and drinks 		•	•		

NUTRITION PATHFINDERS: CAMP EATAWELLA CD GRADE 5 STUDENT ACTIVITIES	Meet Cabin Mates	Shop For and Eat Snacks	Meal Activities (Breakfast, Lunch, Dinner)	Free Time Activities	Journal
All Units/All Lessons: Skills for Science Literacy <ul style="list-style-type: none"> • Observe • Classify • Measure/Use Numbers • Communicate • Predict and make inferences • Collect, record and interpret data • Develop critical thinking skills 	•	•	•	•	•
All Units/All Lessons: Curriculum Integration <ul style="list-style-type: none"> • Provide opportunities to integrate science into other school subjects, including literature, math, writing, social studies, the arts and technology 	•	•	•	•	•

**California Adopted Textbook Alignment
to *Nutrition Pathfinders* (Student Workbook Activities)**

Subject: Science
Grade: 5
Textbook: *Harcourt Science*
Publisher: Harcourt

Each of the Grade 5 *Nutrition Pathfinders* Student Workbook activities is aligned to the core objectives and skills of *Harcourt Science*.

NUTRITION PATHFINDERS GRADE 5 STUDENT ACTIVITIES		Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
Harcourt Science Copyright © 2000, Harcourt, Inc.						
Unit A: Systems of Living Things	Chapter 1: From Single Cells to Body Systems [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•
	[Lesson 2] <ul style="list-style-type: none"> Learn that exercise increases heart rates Learn how the digestive system provides the body with the nutrients needed to produce energy 			•	•	•
	[Lesson 3] <ul style="list-style-type: none"> Learn that bones, muscles and nerves work together during physical activity 					•
	Chapter 3: Plants and Their Adaptations [Lesson 4] <ul style="list-style-type: none"> Learn about the Food Guide Pyramid* Classify foods by food groups Learn that foods from the food groups are the most healthful and Extras (foods that contain added fat and/or sugar) are the least healthful 			•	•	
Unit C: Matter and Energy	Chapter 1: Matter and Its Properties [Introduction] <ul style="list-style-type: none"> Complete a K-W-L chart [Aligns to the pre-assessment, prior to Activity 1, and the post-assessment following Activity 5.] 	•				•
	[Lesson 1] <ul style="list-style-type: none"> Learn that many of the foods we eat are examples of mixtures and solutions, e.g., chocolate milk (solution) and salad (mixture) 			•	•	

NUTRITION PATHFINDERS GRADE 5 STUDENT ACTIVITIES		Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
	Chapter 3: Energy [Introduction: Fast Fact] <ul style="list-style-type: none"> Learn that food energy is measured in units called calories Review a table showing how many calories a person uses during certain physical activities 			•	•	•
All Units and All Chapters: Skills for Lifelong Learning	Develop science process (inquiry) skills: <ul style="list-style-type: none"> Observe and compare Classify and order Predict and infer Recognize cause and effect Draw logical conclusions Use numbers to quantify data Gather, record, display or interpret data in charts, tables, graphs or other graphic organizers 	•	•	•	•	•
	Integrate reading, writing and math skills: <ul style="list-style-type: none"> Provide opportunities to integrate meaningful reading, writing and math activities and strategies into science content 	•	•	•	•	•
Health Handbook: Pupil Edition	Nutrition and Food Safety <ul style="list-style-type: none"> Learn about the Food Guide Pyramid* Learn how to prepare and eat a balanced breakfast Learn about estimating serving sizes Learn ways to fight bacteria Learn food safety tips 			•	•	
	Being Physically Active <ul style="list-style-type: none"> Plan weekly activities Learn guidelines for healthy exercise Learn warm-up and cool-down stretches Learn to build a strong heart and lungs 					•
	Caring for Your Body Systems <ul style="list-style-type: none"> Learn that being healthy means learning about and taking care of sense organs, skeletal, digestive, circulatory, respiratory, muscular and nervous systems 			•	•	•

* 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 *Nutrition Pathfinders* (Student Workbook Activities)**

Subject: Science

Grade: 5

Textbook: *Houghton Mifflin Science Discovery Works, Units A-E*

Publisher: Houghton Mifflin

Each of the Grade 5 *Nutrition Pathfinders* Student Workbook activities is aligned to the core objectives and skills of *Houghton Mifflin Science Discovery Works, Units A-E*.

NUTRITION PATHFINDERS GRADE 5 STUDENT ACTIVITIES	Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
<i>Houghton Mifflin Science Discovery Works, Unit A: Systems in Living Things</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 2: Digestion and Respiration <ul style="list-style-type: none"> Understand that breathing rates change during exercise Learn that breathing rates are lower when a body is at rest and higher when a body is active 					•
Chapter 3: Circulation and Excretion <ul style="list-style-type: none"> Understand that exercise increases heartbeat rates Infer that exercise increases the body's need for oxygen Learn that people need water to help keep them healthy Learn that much of the water we need can be found in the liquids that we drink and the foods we eat 			•	•	•
<i>Houghton Mifflin Science Discovery Works, Unit C: The Nature of Matter</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 2: Kinds of Matter <ul style="list-style-type: none"> Learn that some foods, like ice cream, vegetable soup or fruit salad are mixtures (mixed foods) Compare and contrast foods that are mixtures with foods that are compounds 			•	•	
<i>Houghton Mifflin Science Discovery Works, Unit D: Water on Earth</i> Copyright © 2000, Houghton Mifflin Company					
Chapter 1: The Water Around Us <ul style="list-style-type: none"> Learn that the human body is about 60 percent water Learn that our body takes in water through foods and drinks 			•	•	
All Units/All Lessons: Skills for Science Literacy <ul style="list-style-type: none"> Observe Classify Measure/Use Numbers Communicate Predict and make inferences Collect, record and interpret data Develop critical thinking skills 	•	•	•	•	•

NUTRITION PATHFINDERS GRADE 5 STUDENT ACTIVITIES	Activity 1: Meet Our Team	Activity 2: Create an Ad	Activity 3: Breakfast Bonanza	Activity 4: My Food Record	Activity 5: Playing Around
All Units/All Lessons: Curriculum Integration <ul style="list-style-type: none"> • Provide opportunities to integrate science into other school subjects, including literature, math, writing, social studies, the arts and technology 	•	•	•	•	•