

CALORIE COUNTING (page 515)

Grades 5-9

SCIENCE

SC05-S1C1-01 THRU 03
SC06-S1C1-01 THRU 03
SC07-S1C1-01 THRU 03
SC08-S1C1-01 THRU 03
SCHS-S1C1-01 THRU 04

SC05-S1C3-01 THRU 05
SC06-S1C3-01 THRU 06
SC07-S1C3-01 THRU 07
SC08-S1C3-01 THRU 08
SCHS-S1C3-01 THRU 07

SC05-S1C2-02 THRU 05
SC06-S1C2-02 THRU 05
SC07-S1C2-02 THRU 05
SC08-S1C2-02 THRU 05
SCHS-S1C2-02 THRU 05

SC06-S4C1-02,03,05
SCHS-S4C1-01,04,05

COMPREHENSIVE HEALTH

Standard 1: Students comprehend concepts related to health promotion and disease prevention.

Essentials

- Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness

Proficiency

- Describe proper food selection, preparation, and handling for self and others, taking into consideration that nutrient needs vary according to age, development, activity level and body type

Standard 3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Essentials

- Distinguish between responsible and risky/harmful behaviors

Proficiency

- Analyze the short-term and long-term consequences of responsible and risky/harmful behaviors

Distinction

- Evaluate a personal health assessment to determine strategies for health enhancement, risk reduction and stress management

Standard 6: Students demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Essentials

- Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively
- Develop a plan that addresses personal strengths, needs, and health risks and apply strategies and skills needed to attain personal health goals

Proficiency

- Develop an effective plan for achieving and maintaining personal health goals for lifelong health enhancement and wellness which recognizes the importance of goal setting and time management skills

Distinction

- Formulate an effective plan for lifelong health enhancement and wellness

Addendum 1

- **Nutrition** addresses balanced diets, food preparation, reading and understanding food labels, differences in nutritional needs for pregnant women, and more.

MATHEMATICS

Standard 1: Students develop number sense and use numbers and number relationships to acquire basic facts, to solve a wide variety of real-world problems, and to determine the reasonableness of results.

Essentials

- 1M-E1. Relate the basic arithmetic operations to one another
- 1M-E3. Demonstrate proficiency with the operations of multiplication and division of whole numbers

Standard 2: Students use data collection and analysis, statistics, and probability to make valid inferences, decisions and arguments and to solve a variety of real-world problems.

Proficiency

- 2M-P1. Construct and draw inferences including measures of central tendency, from charts, tables, graphs and data plots that summarize data from real-world situations.

Standard 3: Students use algebraic methods to explore, model and describe patterns, relationships and functions involving numbers, shapes, data and graphs within a variety of real-world problem-solving situations.

Essentials

- 3M-E4. Analyze functional relationships to explain how a change in one variable results in a change in another

Standard 5: Students make and use direct and indirect measurement, metric and U.S. customary, to describe and compare the real world and to prepare for the study of discrete functions, fractals and chaos which have evolved out of the age of technology.

Essentials

- 5M-E4. Develop and use formulas and procedures to solve problems involving measurement