

Alaska > Content Standards > Technology (1995)				
Lesson	Title	State ID	Grade Descr	State Text
Alaska > Content Standards > Government and Citizenship (1995)				
Lesson	Title	State ID	Grade Descr	State Text
Alaska > Content Standards > History (1995)				
Lesson	Title	State ID	Grade Descr	State Text
Alaska > Content Standards > Mathematics (1995)				
Lesson	Title	State ID	Grade Descr	State Text
27	Freeze My TV	4	Grades: K-12	represent, analyze, and use mathematical patterns, relations, and functions using methods such as tables, equations, and graphs
27	Freeze My TV	6	Grades: K-12	collect, organize, analyze, interpret, represent, and formulate questions about data and make reasonable and useful predictions about the certainty, uncertainty, or impossibility of an event.
27	Freeze My TV	1	Grades: K-12	express and represent mathematical ideas using oral and written presentations, physical materials, pictures, graphs, charts, and algebraic expressions
28	Get 3 At School and 5+ A Day	6	Grades: K-12	collect, organize, analyze, interpret, represent, and formulate questions about data and make reasonable and useful predictions about the certainty, uncertainty, or impossibility of an event.

4	Balancing Act	4	Grades: K-12	represent, analyze, and use mathematical patterns, relations, and functions using methods such as tables, equations, and graphs
4	Balancing Act	1	Grades: K-12	express and represent mathematical ideas using oral and written presentations, physical materials, pictures, graphs, charts, and algebraic expressions
5	Fast-Food Frenzy		Grades: K-12	numbers, number systems, counting numbers, whole numbers, integers, fractions, decimals, and percents
Alaska > Content Standards > Science (2005)				
Lesson	Title	State ID	Grade Descr	State Text
Alaska > Content Standards > Skills for a Healthy Life (1995)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	5	Grades: K-12	use knowledge and skills to promote the well-being of the family
1	Healthy Living	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
1	Healthy Living	4	Grades: K-12	develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures
1	Healthy Living	6	Grades: K-12	understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being
1	Healthy Living	3	Grades: K-12	describe how public policy affects the well-being of families and communities
11	Alphabet Fruit (and Vegetables)	2	Grades: K-12	take responsible actions to create safe and healthy environments

13	Fitness Walking	1	Grades: K-12	understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors
13	Fitness Walking	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
14	Healthy Living, Healthy Eating	2	Grades: K-12	understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions
14	Healthy Living, Healthy Eating	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
14	Healthy Living, Healthy Eating	4	Grades: K-12	develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures
14	Healthy Living, Healthy Eating	2	Grades: K-12	take responsible actions to create safe and healthy environments
15	Keeping the Balance	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
16	The Safe Workout: A Review	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
17	Hunting for Hidden Fat	2	Grades: K-12	take responsible actions to create safe and healthy environments
18	Beverage Buzz: Sack the Sugar	2	Grades: K-12	take responsible actions to create safe and healthy environments
19	Snack Decisions	2	Grades: K-12	take responsible actions to create safe and healthy environments
20	Snacking and Inactivity	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
20	Snacking and Inactivity	2	Grades: K-12	take responsible actions to create safe and healthy environments
21	Freeze My TV	1	Grades: K-12	understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors

21	Freeze My TV	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
22	Menu Monitoring	2	Grades: K-12	take responsible actions to create safe and healthy environments
23	Veggiemania	1	Grades: K-12	understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	3	Grades: K-12	assess the effects of culture, heritage, and traditions on personal well-being
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4	Grades: K-12	develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	6	Grades: K-12	assess the effects of culture, heritage, and traditions on well-being
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	2	Grades: K-12	take responsible actions to create safe and healthy environments
26	Fitness Walking	1	Grades: K-12	understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors
26	Fitness Walking	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
27	Freeze My TV	1	Grades: K-12	understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors
27	Freeze My TV	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
29	Class Walking Clubs	1	Grades: K-12	understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors
29	Class Walking Clubs	6		

			Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
3	The Safe Workout: An Introduction	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
30	Tour de Health	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
6	Snack Attack	2	Grades: K-12	take responsible actions to create safe and healthy environments
7	Sugar Water: Think About Your Drink	2	Grades: K-12	take responsible actions to create safe and healthy environments
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	6	Grades: K-12	use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being
9	Prime-Time Smartness	2	Grades: K-12	take responsible actions to create safe and healthy environments
Alaska > Content Standards > English/Language Arts (1995)				
Lesson	Title	State ID	Grade Descr	State Text
10	Chain Five	2	Grades: K-12	reflect on, analyze, and evaluate a variety of oral, written, and visual information and experiences, including discussions, lectures, art, movies, television, technical materials, and literature; and
19	Snack Decisions	2	Grades: K-12	reflect on, analyze, and evaluate a variety of oral, written, and visual information and experiences, including discussions, lectures, art, movies, television, technical materials, and literature; and
24	Breakfast Bonanza	2	Grades: K-12	reflect on, analyze, and evaluate a variety of oral, written, and visual information and experiences, including discussions, lectures, art, movies, television, technical materials, and literature; and

3	The Safe Workout: An Introduction	2	Grades: K-12	reflect on, analyze, and evaluate a variety of oral, written, and visual information and experiences, including discussions, lectures, art, movies, television, technical materials, and literature; and
4	Balancing Act	1	Grades: K-12	comprehend meaning from written text and oral and visual information by applying a variety of reading, listening, and viewing strategies; these strategies include phonic, context, and vocabulary cues in reading, critical viewing, and active listening;
4	Balancing Act	2	Grades: K-12	reflect on, analyze, and evaluate a variety of oral, written, and visual information and experiences, including discussions, lectures, art, movies, television, technical materials, and literature; and
4	Balancing Act	1	Grades: K-12	use information, both oral and written, and literature of many types and cultures to understand self and others;
6	Snack Attack	1	Grades: K-12	comprehend meaning from written text and oral and visual information by applying a variety of reading, listening, and viewing strategies; these strategies include phonic, context, and vocabulary cues in reading, critical viewing, and active listening;
6	Snack Attack	2	Grades: K-12	reflect on, analyze, and evaluate a variety of oral, written, and visual information and experiences, including discussions, lectures, art, movies, television, technical materials, and literature; and
9	Prime-Time Smartness	1	Grades: K-12	comprehend meaning from written text and oral and visual information by applying a variety of reading, listening, and viewing strategies; these strategies include phonic, context, and vocabulary cues in reading, critical viewing, and active listening;
9	Prime-Time Smartness	2	Grades: K-12	reflect on, analyze, and evaluate a variety of oral, written, and visual information and experiences, including discussions, lectures, art, movies, television, technical materials, and literature; and
Alaska > Content Standards > Geography (1995)				
Lesson	Title	State ID	Grade Descr	State Text

Alaska > Grade Level Expectations > Writing (2005)				
Lesson	Title	State ID	Grade Descr	State Text
9	Prime-Time Smartness	2.2.3	Grade 4	Using expressive language when responding to literature or producing text (e.g., writer's notebook, memoirs, poetry, plays or lyrics)
9	Prime-Time Smartness	2.2.3	Grade 5	Using expressive language when responding to literature or producing text (e.g., writer's notebook memoirs, poetry, plays or lyrics)
Alaska > Grade Level Expectations > Science (2005)				
Lesson	Title	State ID	Grade Descr	State Text
27	Freeze My TV	SA1.2	Grade 4	observing, measuring and collecting data from explorations and using this information to classify, predict, and communicate.
Alaska > Grade Level Expectations > Reading (2005)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	2.4.1	Grade 5	Restating and summarizing main ideas or events in correct sequence after reading a text (e.g., paraphrasing, constructing a topic outline, using graphic organizers) or identifying accurate restatements and summaries of main ideas or events or generalizations of a text
19	Snack Decisions	2.5.1	Grade 4	Identifying the main idea or central concept in various types of texts
19	Snack Decisions	2.5.2	Grade 4	Locating information in narrative and informational text to answer questions related to main ideas or key details
19	Snack Decisions	2.5.3	Grade 4	Identifying or describing related experiences to support understanding of a main idea

19	Snack Decisions	2.4.1	Grade 5	Restating and summarizing main ideas or events in correct sequence after reading a text (e.g., paraphrasing, constructing a topic outline, using graphic organizers) or identifying accurate restatements and summaries of main ideas or events or generalizations of a text
19	Snack Decisions	2.5.1	Grade 5	Identifying the main idea or central concept in various types of texts
19	Snack Decisions	2.5.2	Grade 5	Locating information in narrative and informational text to answer questions related to main ideas or key details
19	Snack Decisions	2.5.3	Grade 5	Identifying or describing related experiences and events to support understanding of a main idea (e.g., what event in history is similar to this one)
24	Breakfast Bonanza	2.5.1	Grade 4	Identifying the main idea or central concept in various types of texts
24	Breakfast Bonanza	2.5.2	Grade 4	Locating information in narrative and informational text to answer questions related to main ideas or key details
24	Breakfast Bonanza	2.5.3	Grade 4	Identifying or describing related experiences to support understanding of a main idea
24	Breakfast Bonanza	2.4.1	Grade 5	Restating and summarizing main ideas or events in correct sequence after reading a text (e.g., paraphrasing, constructing a topic outline, using graphic organizers) or identifying accurate restatements and summaries of main ideas or events or generalizations of a text
24	Breakfast Bonanza	2.5.1	Grade 5	Identifying the main idea or central concept in various types of texts
24	Breakfast Bonanza	2.5.2	Grade 5	Locating information in narrative and informational text to answer questions related to main ideas or key details
24	Breakfast Bonanza	2.5.3	Grade 5	Identifying or describing related experiences and events to support understanding of a main idea (e.g., what event in history is similar to this one)
5	Fast-Food Frenzy	2.4.1	Grade 5	Restating and summarizing main ideas or events in correct sequence after reading a text (e.g., paraphrasing, constructing a topic outline, using graphic organizers) or identifying accurate restatements and summaries of main ideas or events or generalizations of a text
Alaska > Grade Level Expectations > Mathematics (2005)				
Lesson	Title			State Text

		State ID	Grade Descr	
17	Hunting for Hidden Fat	S&P-1	Grade 4	[designing an investigation and collecting], organizing or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, or diagrams with whole numbers up to 25
17	Hunting for Hidden Fat	S&P-2	Grade 4	using information from a variety of displays (tables, bar graphs, or Venn diagrams)
17	Hunting for Hidden Fat	S&P-2	Grade 5	using information from a variety of displays (tables, bar graphs, line graphs, or Venn diagrams)
21	Freeze My TV	S&P-2	Grade 4	using information from a variety of displays (tables, bar graphs, or Venn diagrams)
21	Freeze My TV	S&P-2	Grade 5	using information from a variety of displays (tables, bar graphs, line graphs, or Venn diagrams)
24	Breakfast Bonanza	S&P-2	Grade 5	using information from a variety of displays (tables, bar graphs, line graphs, or Venn diagrams)
27	Freeze My TV	S&P-1	Grade 4	[designing an investigation and collecting], organizing or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, or diagrams with whole numbers up to 25
27	Freeze My TV	S&P-2	Grade 4	using information from a variety of displays (tables, bar graphs, or Venn diagrams)
27	Freeze My TV	M6.2.1	Grade 4	Collect, organize, and display data creating a variety of visual displays including tables, charts, and line graphs.
27	Freeze My TV	M6.2.2	Grade 4	Present the data using a variety of appropriate representations and explain the meaning of the data.
27	Freeze My TV	M6.2.3	Grade 4	Describe and interpret a data set using mean, median, mode, and range.
27	Freeze My TV	M6.2.4	Grade 4	Estimate whether a game is mathematically fair or unfair; analyze and present probability data using simple fractions.
27	Freeze My TV	S&P-1	Grade 5	[designing an investigation and collecting], organizing, or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, diagrams, or line graphs with whole numbers up to 50
27	Freeze My TV	S&P-2	Grade 5	

				using information from a variety of displays (tables, bar graphs, line graphs, or Venn diagrams)
27	Freeze My TV	M6.2.1	Grade 5	Collect, organize, and display data creating a variety of visual displays including tables, charts, and line graphs.
27	Freeze My TV	M6.2.2	Grade 5	Present the data using a variety of appropriate representations and explain the meaning of the data.
27	Freeze My TV	M6.2.3	Grade 5	Describe and interpret a data set using mean, median, mode, and range.
27	Freeze My TV	M6.2.4	Grade 5	Estimate whether a game is mathematically fair or unfair; analyze and present probability data using simple fractions.
28	Get 3 At School and 5+ A Day	S&P-1	Grade 4	[designing an investigation and collecting], organizing or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, or diagrams with whole numbers up to 25
28	Get 3 At School and 5+ A Day	M6.2.1	Grade 4	Collect, organize, and display data creating a variety of visual displays including tables, charts, and line graphs.
28	Get 3 At School and 5+ A Day	M6.2.2	Grade 4	Present the data using a variety of appropriate representations and explain the meaning of the data.
28	Get 3 At School and 5+ A Day	S&P-1	Grade 5	[designing an investigation and collecting], organizing, or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, diagrams, or line graphs with whole numbers up to 50
28	Get 3 At School and 5+ A Day	M6.2.1	Grade 5	Collect, organize, and display data creating a variety of visual displays including tables, charts, and line graphs.
28	Get 3 At School and 5+ A Day	M6.2.2	Grade 5	Present the data using a variety of appropriate representations and explain the meaning of the data.
4	Balancing Act	S&P-1	Grade 4	[designing an investigation and collecting], organizing or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, or diagrams with whole numbers up to 25
4	Balancing Act	S&P-2	Grade 4	using information from a variety of displays (tables, bar graphs, or Venn diagrams)
4	Balancing Act	M6.2.1	Grade 4	

				Collect, organize, and display data creating a variety of visual displays including tables, charts, and line graphs.
4	Balancing Act	S&P-1	Grade 5	[designing an investigation and collecting], organizing, or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, diagrams, or line graphs with whole numbers up to 50
4	Balancing Act	S&P-2	Grade 5	using information from a variety of displays (tables, bar graphs, line graphs, or Venn diagrams)
4	Balancing Act	M6.2.1	Grade 5	Collect, organize, and display data creating a variety of visual displays including tables, charts, and line graphs.
5	Fast-Food Frenzy	S&P-1	Grade 4	[designing an investigation and collecting], organizing or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, or diagrams with whole numbers up to 25
5	Fast-Food Frenzy	S&P-1	Grade 5	[designing an investigation and collecting], organizing, or displaying, using appropriate scale, data in real-world problems (e.g., social studies, friends, or school), using bar graphs, tables, charts, diagrams, or line graphs with whole numbers up to 50
Alaska > Grade Level Expectations > Alaska History (2006)				
Lesson	Title	State ID	Grade Descr	State Text
Alaska > Performance Standards > Skills for a Healthy Life (1996)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living		Ages 9-11	Describe the interrelationship of physical, social, emotional, and mental health during preadolescence.

1	Healthy Living		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
1	Healthy Living		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
10	Chain Five		Ages 9-11	Describe and compare health and safety procedures that reduce risks during recreational activities (e.g., wearing seat belts and helmets, using sunscreen, telling others of travel plans and destinations on snow machines or boats).
10	Chain Five		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
11	Alphabet Fruit (and Vegetables)		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
11	Alphabet Fruit (and Vegetables)		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
12	Brilliant Breakfast		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
12	Brilliant Breakfast		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
13	Fitness Walking		Ages 9-11	Recognize the social benefits of participation in physical activity.
13	Fitness Walking		Ages 9-11	Describe the relationships between a healthy lifestyle and "feeling good."
13	Fitness Walking		Ages 9-11	Determine target heart rate for age and monitor heart rate before, during, and after a physical activity.
13	Fitness Walking		Ages 9-11	Identify characteristics of cardiovascular and skeletal/muscular fitness (e.g., flexibility, muscular strength).
13	Fitness Walking			

			Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
14	Healthy Living, Healthy Eating		Ages 9-11	Recognize the social benefits of participation in physical activity.
14	Healthy Living, Healthy Eating		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
14	Healthy Living, Healthy Eating		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
14	Healthy Living, Healthy Eating		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
15	Keeping the Balance		Ages 9-11	Recognize the social benefits of participation in physical activity.
15	Keeping the Balance		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
15	Keeping the Balance		Ages 9-11	Determine target heart rate for age and monitor heart rate before, during, and after a physical activity.
15	Keeping the Balance		Ages 9-11	Identify characteristics of cardiovascular and skeletal/muscular fitness (e.g., flexibility, muscular strength).
15	Keeping the Balance		Ages 9-11	Identify factors that can affect growth and development, differentiating between those factors that the student can or cannot change, (e.g., heredity, family, environment, physical activity, hormones, disease).
15	Keeping the Balance		Ages 9-11	Identify ways in which one can alter, enhance, or adapt to influences of growth and development.
15	Keeping the Balance		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
15	Keeping the Balance		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.

16	The Safe Workout: A Review		Ages 9-11	Recognize the social benefits of participation in physical activity.
16	The Safe Workout: A Review		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
16	The Safe Workout: A Review		Ages 9-11	Determine target heart rate for age and monitor heart rate before, during, and after a physical activity.
16	The Safe Workout: A Review		Ages 9-11	Identify characteristics of cardiovascular and skeletal/muscular fitness (e.g., flexibility, muscular strength).
16	The Safe Workout: A Review		Ages 9-11	Identify factors that can affect growth and development, differentiating between those factors that the student can or cannot change, (e.g., heredity, family, environment, physical activity, hormones, disease).
16	The Safe Workout: A Review		Ages 9-11	Identify ways in which one can alter, enhance, or adapt to influences of growth and development.
16	The Safe Workout: A Review		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
16	The Safe Workout: A Review		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
17	Hunting for Hidden Fat		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
18	Beverage Buzz: Sack the Sugar		Ages 9-11	Identify factors that can affect growth and development, differentiating between those factors that the student can or cannot change, (e.g., heredity, family, environment, physical activity, hormones, disease).
18	Beverage Buzz: Sack the Sugar		Ages 9-11	Identify ways in which one can alter, enhance, or adapt to influences of growth and development.
18	Beverage Buzz: Sack the Sugar		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
19	Snack Decisions		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.

2	Carb Smart		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
20	Snacking and Inactivity		Ages 9-11	Recognize the social benefits of participation in physical activity.
20	Snacking and Inactivity		Ages 9-11	Describe the interrelationship of physical, social, emotional, and mental health during preadolescence.
20	Snacking and Inactivity		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
20	Snacking and Inactivity		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
20	Snacking and Inactivity		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
21	Freeze My TV		Ages 9-11	Recognize the social benefits of participation in physical activity.
21	Freeze My TV		Ages 9-11	Describe the relationships between a healthy lifestyle and "feeling good."
21	Freeze My TV		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
21	Freeze My TV		Ages 9-11	Determine target heart rate for age and monitor heart rate before, during, and after a physical activity.
21	Freeze My TV		Ages 9-11	Describe ways technology can influence family health.
21	Freeze My TV		Ages 9-11	Identify characteristics of cardiovascular and skeletal/muscular fitness (e.g., flexibility, muscular strength).
21	Freeze My TV		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.

22	Menu Monitoring		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
22	Menu Monitoring		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
23	Veggiemania		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
23	Veggiemania		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
24	Breakfast Bonanza		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Ages 9-11	Analyze cultural influences on personal health practices and decisions.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Ages 9-11	Recognize the role of sport, games, and dance in modern culture.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Ages 9-11	Discuss cultural and historical context of at least one dance currently danced in the community.
26	Fitness Walking		Ages 9-11	Recognize the social benefits of participation in physical activity.
26	Fitness Walking		Ages 9-11	Describe the relationships between a healthy lifestyle and "feeling good."
26	Fitness Walking			

			Ages 9-11	Determine target heart rate for age and monitor heart rate before, during, and after a physical activity.
26	Fitness Walking		Ages 9-11	Identify characteristics of cardiovascular and skeletal/muscular fitness (e.g., flexibility, muscular strength).
26	Fitness Walking		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
27	Freeze My TV		Ages 9-11	Recognize the social benefits of participation in physical activity.
27	Freeze My TV		Ages 9-11	Describe the relationships between a healthy lifestyle and "feeling good."
27	Freeze My TV		Ages 9-11	Analyze the relationship between behaviors and health.
27	Freeze My TV		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
27	Freeze My TV		Ages 9-11	Determine target heart rate for age and monitor heart rate before, during, and after a physical activity.
27	Freeze My TV		Ages 9-11	Describe ways technology can influence family health.
27	Freeze My TV		Ages 9-11	Predict how decisions regarding health behaviors have consequences for the family (e.g., tooth brushing, smoking).
27	Freeze My TV		Ages 9-11	Identify characteristics of cardiovascular and skeletal/muscular fitness (e.g., flexibility, muscular strength).
27	Freeze My TV		Ages 9-11	Evaluate personal health habits to determine strategies for health enhancement and risk reduction.
27	Freeze My TV		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
28	Get 3 At School and 5+ A Day			

			Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
28	Get 3 At School and 5+ A Day		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
29	Class Walking Clubs		Ages 9-11	Recognize the social benefits of participation in physical activity.
29	Class Walking Clubs		Ages 9-11	Describe the relationships between a healthy lifestyle and "feeling good."
29	Class Walking Clubs		Ages 9-11	Determine target heart rate for age and monitor heart rate before, during, and after a physical activity.
29	Class Walking Clubs		Ages 9-11	Identify characteristics of cardiovascular and skeletal/muscular fitness (e.g., flexibility, muscular strength).
29	Class Walking Clubs		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
3	The Safe Workout: An Introduction		Ages 9-11	Recognize the social benefits of participation in physical activity.
3	The Safe Workout: An Introduction		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
3	The Safe Workout: An Introduction		Ages 9-11	Recognize that tobacco, alcohol, and other drugs can be detrimental to body systems.
3	The Safe Workout: An Introduction		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
3	The Safe Workout: An Introduction		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
30	Tour de Health		Ages 9-11	Recognize the social benefits of participation in physical activity.

30	Tour de Health		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
30	Tour de Health		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
30	Tour de Health		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
4	Balancing Act		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
4	Balancing Act		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
5	Fast-Food Frenzy		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
5	Fast-Food Frenzy		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
6	Snack Attack		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
7	Sugar Water: Think About Your Drink		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food handling can enhance the health of an individual, reduce disease, and promote achievement.
7	Sugar Water: Think About Your Drink		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Ages 9-11	Recognize the social benefits of participation in physical activity.
8	The Safe Workout: Snacking's Just Fine, If you Choose the		Ages 9-11	Identify and discuss how personal behaviors including adequate sleep, balanced nutrition, good posture, moderate exercise, appropriate clothing, hygiene, and cleanliness in food

	Right Kind			handling can enhance the health of an individual, reduce disease, and promote achievement.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Ages 9-11	Evaluate factors that influence food choices and their impact on nutrition and health for oneself.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Ages 9-11	Engage in physical activities that involve challenge, problem solving, decision making and risk taking.
9	Prime-Time Smartness		Ages 9-11	Describe ways technology can influence family health.
Alaska > Performance Standards > Writing (1999)				
Lesson	Title	State ID	Grade Descr	State Text
Alaska > Performance Standards > Reading (1999)				
Lesson	Title	State ID	Grade Descr	State Text
19	Snack Decisions	R2.5	Ages 8-10	Locate evidence in the text and from related experiences to support understanding of a main idea.
24	Breakfast Bonanza	R2.5	Ages 8-10	Locate evidence in the text and from related experiences to support understanding of a main idea.