

California > Content Standards > Science (1998)				
Lesson	Title	State ID	Grade Descr	State Text
18	Beverage Buzz: Sack the Sugar	b	Grade Four	Measure and estimate the weight, length, or volume of objects.
2	Carb Smart	e	Grade Five	Students know how sugar, water, and minerals are transported in a vascular plant.
21	Freeze My TV	e	Grade Four	Construct and interpret graphs from measurements.
27	Freeze My TV	e	Grade Four	Construct and interpret graphs from measurements.
27	Freeze My TV	e	Grade Five	Identify a single independent variable in a scientific investigation and explain how this variable can be used to collect information to answer a question about the results of the experiment.
27	Freeze My TV	g	Grade Five	Record data by using appropriate graphic representations (including charts, graphs, and labeled diagrams) and make inferences based on those data.
California > Content Standards > Physical Education (2004)				
Lesson	Title	State ID	Grade Descr	State Text
4	Balancing Act	4.4	Grade Four	Identify healthful choices for meals and snacks that help improve physical performance.
California > Content Standards > English-Language Arts (1997)				
Lesson	Title	State ID	Grade Descr	State Text
19	Snack Decisions	2.3	Grade Five	

				Discern main ideas and concepts presented in texts, identifying and assessing evidence that supports those ideas.
24	Breakfast Bonanza	2.1	Grade Four	Identify structural patterns found in informational text (e.g., compare and contrast, cause and effect, sequential or chronological order, proposition and support) to strengthen comprehension.
24	Breakfast Bonanza	2.3	Grade Five	Discern main ideas and concepts presented in texts, identifying and assessing evidence that supports those ideas.
27	Freeze My TV	2.1	Grade Five	Understand how text features (e.g., format, graphics, sequence, diagrams, illustrations, charts, maps) make information accessible and usable.
5	Fast-Food Frenzy	2.1	Grade Five	Understand how text features (e.g., format, graphics, sequence, diagrams, illustrations, charts, maps) make information accessible and usable.
9	Prime-Time Smartness	a	Grade Four	Demonstrate an understanding of the literary work.
9	Prime-Time Smartness	a	Grade Five	Demonstrate an understanding of a literary work.
California > Content Standards > Mathematics (1997)				
Lesson	Title	State ID	Grade Descr	State Text
12	Brilliant Breakfast	1.4	Grade Five	Identify ordered pairs of data from a graph and interpret the meaning of the data in terms of the situation depicted by the graph.
21	Freeze My TV	1.4	Grade Five	Identify ordered pairs of data from a graph and interpret the meaning of the data in terms of the situation depicted by the graph.
27	Freeze My TV	1.1	Grade Four	Formulate survey questions; systematically collect and represent data on a number line; and coordinate graphs, tables, and charts.
27	Freeze My TV	1.3	Grade Four	Interpret one- and two-variable data graphs to answer questions about a situation.
27	Freeze My TV	1.2	Grade Five	Organize and display single-variable data in appropriate graphs and representations (e.g., histogram, circle graphs) and explain which types of graphs are appropriate for various data sets.

27	Freeze My TV	1.3	Grade Five	Use fractions and percentages to compare data sets of different sizes.
27	Freeze My TV	1.4	Grade Five	Identify ordered pairs of data from a graph and interpret the meaning of the data in terms of the situation depicted by the graph.
28	Get 3 At School and 5+ A Day	1.1	Grade Four	Formulate survey questions; systematically collect and represent data on a number line; and coordinate graphs, tables, and charts.
28	Get 3 At School and 5+ A Day	1.2	Grade Five	Organize and display single-variable data in appropriate graphs and representations (e.g., histogram, circle graphs) and explain which types of graphs are appropriate for various data sets.
4	Balancing Act	1.1	Grade Four	Formulate survey questions; systematically collect and represent data on a number line; and coordinate graphs, tables, and charts.
4	Balancing Act	1.4	Grade Five	Identify ordered pairs of data from a graph and interpret the meaning of the data in terms of the situation depicted by the graph.
5	Fast-Food Frenzy	2.1	Grade Four	Estimate and compute the sum or difference of whole numbers and positive decimals to two places.
5	Fast-Food Frenzy	1.3	Grade Five	Use fractions and percentages to compare data sets of different sizes.
6	Snack Attack	1.4	Grade Five	Identify ordered pairs of data from a graph and interpret the meaning of the data in terms of the situation depicted by the graph.
California > Content Standards > History-Social Science (1998)				
Lesson	Title	State ID	Grade Descr	State Text
California > Curriculum Frameworks > Health Education (2003)				
Lesson	Title	State ID	Grade Descr	State Text

1	Healthy Living	1	Grades: 4-6	Basing decisions upon nutrient content
1	Healthy Living	2	Grades: 4-6	Selecting foods that promote oral health
1	Healthy Living		Grades: 4-6	Establishing and maintaining healthy eating practices
1	Healthy Living		Grades: 4-6	Analyzing how food choices are influenced
1	Healthy Living		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
1	Healthy Living		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
1	Healthy Living		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
1	Healthy Living		Grades: 4-6	Using valid nutrition information to make healthy food choices
1	Healthy Living		Grades: 4-6	Purchasing nutritious foods in a variety of settings
10	Chain Five	1	Grades: 4-6	Basing decisions upon nutrient content
10	Chain Five	2	Grades: 4-6	Selecting foods that promote oral health
10	Chain Five		Grades: 4-6	Establishing and maintaining healthy eating practices
10	Chain Five		Grades: 4-6	Analyzing how food choices are influenced
10	Chain Five		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
10	Chain Five		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
10	Chain Five		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
10	Chain Five		Grades: 4-6	Using valid nutrition information to make healthy food choices
11	Alphabet Fruit (and Vegetables)	1	Grades: 4-6	Basing decisions upon nutrient content
11	Alphabet Fruit (and	2	Grades: 4-6	Selecting foods that promote oral health

	Vegetables)			
11	Alphabet Fruit (and Vegetables)		Grades: 4-6	Establishing and maintaining healthy eating practices
11	Alphabet Fruit (and Vegetables)		Grades: 4-6	Analyzing how food choices are influenced
11	Alphabet Fruit (and Vegetables)		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
11	Alphabet Fruit (and Vegetables)		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
11	Alphabet Fruit (and Vegetables)		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
11	Alphabet Fruit (and Vegetables)		Grades: 4-6	Using valid nutrition information to make healthy food choices
12	Brilliant Breakfast	1	Grades: 4-6	Basing decisions upon nutrient content
12	Brilliant Breakfast	2	Grades: 4-6	Selecting foods that promote oral health
12	Brilliant Breakfast		Grades: 4-6	Establishing and maintaining healthy eating practices
12	Brilliant Breakfast		Grades: 4-6	Analyzing how food choices are influenced
12	Brilliant Breakfast		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
12	Brilliant Breakfast		Grades: 4-6	Using valid nutrition information to make healthy food choices
13	Fitness Walking		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
13	Fitness Walking		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
13	Fitness Walking		Grades: 4-6	Setting personal fitness goals

13	Fitness Walking		Grades: 4-6	Monitoring progress toward meeting fitness goals
13	Fitness Walking		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
13	Fitness Walking		Grades: 4-6	Contributing to the strengthening of health-related policies at school, such as serving on a student safety committee
13	Fitness Walking		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
14	Healthy Living, Healthy Eating	1	Grades: 4-6	Basing decisions upon nutrient content
14	Healthy Living, Healthy Eating	2	Grades: 4-6	Selecting foods that promote oral health
14	Healthy Living, Healthy Eating		Grades: 4-6	Establishing and maintaining healthy eating practices
14	Healthy Living, Healthy Eating		Grades: 4-6	Analyzing how food choices are influenced
14	Healthy Living, Healthy Eating		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
14	Healthy Living, Healthy Eating		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
14	Healthy Living, Healthy Eating		Grades: 4-6	Setting personal fitness goals
14	Healthy Living, Healthy Eating		Grades: 4-6	Monitoring progress toward meeting fitness goals
14	Healthy Living, Healthy Eating		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
14	Healthy Living, Healthy Eating		Grades: 4-6	Distinguishing between helpful and harmful substances

14	Healthy Living, Healthy Eating		Grades: 4-6	Developing and using coping strategies, including critical think-ing, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
14	Healthy Living, Healthy Eating		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
14	Healthy Living, Healthy Eating		Grades: 4-6	Using valid nutrition information to make healthy food choices
15	Keeping the Balance	1	Grades: 4-6	Basing decisions upon nutrient content
15	Keeping the Balance		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
15	Keeping the Balance		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
15	Keeping the Balance		Grades: 4-6	Setting personal fitness goals
15	Keeping the Balance		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
15	Keeping the Balance		Grades: 4-6	Developing and using coping strategies, including critical think-ing, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
15	Keeping the Balance		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
15	Keeping the Balance		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
15	Keeping the Balance		Grades: 4-6	Using valid nutrition information to make healthy food choices
16	The Safe Workout: A Review	1	Grades: 4-6	Basing decisions upon nutrient content
16	The Safe Workout: A Review		Grades: 4-6	Establishing and maintaining healthy eating practices
16	The Safe Workout: A Review		Grades: 4-6	Analyzing how food choices are influenced
16	The Safe Workout: A Review		Grades: 4-6	

				Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
16	The Safe Workout: A Review		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
16	The Safe Workout: A Review		Grades: 4-6	Setting personal fitness goals
16	The Safe Workout: A Review		Grades: 4-6	Monitoring progress toward meeting fitness goals
16	The Safe Workout: A Review		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
16	The Safe Workout: A Review		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
16	The Safe Workout: A Review		Grades: 4-6	Using valid nutrition information to make healthy food choices
17	Hunting for Hidden Fat	1	Grades: 4-6	Basing decisions upon nutrient content
17	Hunting for Hidden Fat	2	Grades: 4-6	Selecting foods that promote oral health
17	Hunting for Hidden Fat		Grades: 4-6	Establishing and maintaining healthy eating practices
17	Hunting for Hidden Fat		Grades: 4-6	Analyzing how food choices are influenced
17	Hunting for Hidden Fat		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
17	Hunting for Hidden Fat		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
17	Hunting for Hidden Fat		Grades: 4-6	Using valid nutrition information to make healthy food choices
18	Beverage Buzz: Sack the Sugar	1	Grades: 4-6	Basing decisions upon nutrient content
18	Beverage Buzz: Sack the Sugar	2	Grades: 4-6	Selecting foods that promote oral health
18	Beverage Buzz: Sack the Sugar		Grades: 4-6	Establishing and maintaining healthy eating practices

18	Beverage Buzz: Sack the Sugar		Grades: 4-6	Analyzing how food choices are influenced
18	Beverage Buzz: Sack the Sugar		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
18	Beverage Buzz: Sack the Sugar		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
18	Beverage Buzz: Sack the Sugar		Grades: 4-6	Using valid nutrition information to make healthy food choices
19	Snack Decisions	1	Grades: 4-6	Basing decisions upon nutrient content
19	Snack Decisions		Grades: 4-6	Establishing and maintaining healthy eating practices
19	Snack Decisions		Grades: 4-6	Analyzing how food choices are influenced
19	Snack Decisions		Grades: 4-6	Using critical-thinking skills to analyze marketing and advertising techniques and their influence on the selection of health-related services and products
19	Snack Decisions		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
19	Snack Decisions		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
19	Snack Decisions		Grades: 4-6	Using critical-thinking skills to analyze marketing and advertising techniques and their influence on food selection
19	Snack Decisions		Grades: 4-6	Using valid nutrition information to make healthy food choices
2	Carb Smart	1	Grades: 4-6	Basing decisions upon nutrient content
2	Carb Smart	2	Grades: 4-6	Selecting foods that promote oral health
2	Carb Smart		Grades: 4-6	Establishing and maintaining healthy eating practices
2	Carb Smart		Grades: 4-6	Analyzing how food choices are influenced
2	Carb Smart		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food

2	Carb Smart		Grades: 4-6	Using valid nutrition information to make healthy food choices
20	Snacking and Inactivity	1	Grades: 4-6	Basing decisions upon nutrient content
20	Snacking and Inactivity		Grades: 4-6	Establishing and maintaining healthy eating practices
20	Snacking and Inactivity		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
20	Snacking and Inactivity		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
20	Snacking and Inactivity		Grades: 4-6	Setting personal fitness goals
20	Snacking and Inactivity		Grades: 4-6	Monitoring progress toward meeting fitness goals
20	Snacking and Inactivity		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
20	Snacking and Inactivity		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
20	Snacking and Inactivity		Grades: 4-6	Using valid nutrition information to make healthy food choices
21	Freeze My TV		Grades: 4-6	Establishing and maintaining healthy eating practices
21	Freeze My TV		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
21	Freeze My TV		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
21	Freeze My TV		Grades: 4-6	Setting personal fitness goals
21	Freeze My TV		Grades: 4-6	Monitoring progress toward meeting fitness goals
21	Freeze My TV		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
21	Freeze My TV		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and

				refusal skills; and taking time for exercise and relaxation
21	Freeze My TV		Grades: 4-6	Using valid nutrition information to make healthy food choices
22	Menu Monitoring	1	Grades: 4-6	Basing decisions upon nutrient content
22	Menu Monitoring	2	Grades: 4-6	Selecting foods that promote oral health
22	Menu Monitoring		Grades: 4-6	Establishing and maintaining healthy eating practices
22	Menu Monitoring		Grades: 4-6	Analyzing how food choices are influenced
22	Menu Monitoring		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
22	Menu Monitoring		Grades: 4-6	Using valid nutrition information to make healthy food choices
23	Veggiemania	1	Grades: 4-6	Basing decisions upon nutrient content
23	Veggiemania		Grades: 4-6	Establishing and maintaining healthy eating practices
23	Veggiemania		Grades: 4-6	Analyzing how food choices are influenced
23	Veggiemania		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
23	Veggiemania		Grades: 4-6	Using valid nutrition information to make healthy food choices
24	Breakfast Bonanza	1	Grades: 4-6	Basing decisions upon nutrient content
24	Breakfast Bonanza		Grades: 4-6	Establishing and maintaining healthy eating practices
24	Breakfast Bonanza		Grades: 4-6	Analyzing how food choices are influenced
24	Breakfast Bonanza		Grades: 4-6	Using valid nutrition information to make healthy food choices
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	1	Grades: 4-6	Basing decisions upon nutrient content
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Grades: 4-6	Establishing and maintaining healthy eating practices
25			Grades: 4-6	Analyzing how food choices are influenced

	Foods From Around the World; Italy, China, Mexico, and Ethiopia			
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Grades: 4-6	Using valid nutrition information to make healthy food choices
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Grades: 4-6	Analyzing and tasting foods from different ethnic and cultural groups
26	Fitness Walking		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
26	Fitness Walking		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
26	Fitness Walking		Grades: 4-6	Setting personal fitness goals
26	Fitness Walking		Grades: 4-6	Monitoring progress toward meeting fitness goals
26	Fitness Walking		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
26	Fitness Walking		Grades: 4-6	Contributing to the strengthening of health-related policies at school, such as serving on a student safety committee
26	Fitness Walking		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
27	Freeze My TV		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
27	Freeze My TV		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
27	Freeze My TV		Grades: 4-6	Setting personal fitness goals

27	Freeze My TV		Grades: 4-6	Monitoring progress toward meeting fitness goals
27	Freeze My TV		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
27	Freeze My TV		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
28	Get 3 At School and 5+ A Day	1	Grades: 4-6	Basing decisions upon nutrient content
28	Get 3 At School and 5+ A Day		Grades: 4-6	Establishing and maintaining healthy eating practices
28	Get 3 At School and 5+ A Day		Grades: 4-6	Analyzing how food choices are influenced
28	Get 3 At School and 5+ A Day		Grades: 4-6	Using valid nutrition information to make healthy food choices
29	Class Walking Clubs		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
29	Class Walking Clubs		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
29	Class Walking Clubs		Grades: 4-6	Setting personal fitness goals
29	Class Walking Clubs		Grades: 4-6	Monitoring progress toward meeting fitness goals
29	Class Walking Clubs		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
29	Class Walking Clubs		Grades: 4-6	Contributing to the strengthening of health-related policies at school, such as serving on a student safety committee
29	Class Walking Clubs		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
3	The Safe Workout: An Introduction	1	Grades: 4-6	Basing decisions upon nutrient content
3	The Safe Workout: An Introduction		Grades: 4-6	Establishing and maintaining healthy eating practices
3			Grades: 4-6	Analyzing how food choices are influenced

	The Safe Workout: An Introduction			
3	The Safe Workout: An Introduction		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
3	The Safe Workout: An Introduction		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
3	The Safe Workout: An Introduction		Grades: 4-6	Setting personal fitness goals
3	The Safe Workout: An Introduction		Grades: 4-6	Developing and using effective coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; practicing assertiveness and refusal skills; and taking time for exercise and relaxation
3	The Safe Workout: An Introduction		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
3	The Safe Workout: An Introduction		Grades: 4-6	Developing and using interpersonal and other communication skills, such as assertiveness, refusal, negotiation, and conflict-resolution skills, to avoid use of alcohol, tobacco, and other drugs
3	The Safe Workout: An Introduction		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
3	The Safe Workout: An Introduction		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
3	The Safe Workout: An Introduction		Grades: 4-6	Using valid nutrition information to make healthy food choices
30	Tour de Health	1	Grades: 4-6	Basing decisions upon nutrient content
30	Tour de Health		Grades: 4-6	Establishing and maintaining healthy eating practices
30	Tour de Health		Grades: 4-6	Analyzing how food choices are influenced
30	Tour de Health		Grades: 4-6	

				Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
30	Tour de Health		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
30	Tour de Health		Grades: 4-6	Setting personal fitness goals
30	Tour de Health		Grades: 4-6	Monitoring progress toward meeting fitness goals
30	Tour de Health		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
30	Tour de Health		Grades: 4-6	Using valid nutrition information to make healthy food choices
4	Balancing Act	1	Grades: 4-6	Basing decisions upon nutrient content
4	Balancing Act		Grades: 4-6	Establishing and maintaining healthy eating practices
4	Balancing Act		Grades: 4-6	Analyzing how food choices are influenced
4	Balancing Act		Grades: 4-6	Using valid nutrition information to make healthy food choices
5	Fast-Food Frenzy	1	Grades: 4-6	Basing decisions upon nutrient content
5	Fast-Food Frenzy	2	Grades: 4-6	Selecting foods that promote oral health
5	Fast-Food Frenzy		Grades: 4-6	Establishing and maintaining healthy eating practices
5	Fast-Food Frenzy		Grades: 4-6	Preparing a variety of healthy foods, using safe and sanitary food preparation and storage techniques, with an emphasis on how food-handling and preparation practices affect the safety and nutrient quality of foods
5	Fast-Food Frenzy		Grades: 4-6	Analyzing how food choices are influenced
5	Fast-Food Frenzy		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
5	Fast-Food Frenzy		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value

5	Fast-Food Frenzy		Grades: 4-6	Using valid nutrition information to make healthy food choices
6	Snack Attack	1	Grades: 4-6	Basing decisions upon nutrient content
6	Snack Attack		Grades: 4-6	Establishing and maintaining healthy eating practices
6	Snack Attack		Grades: 4-6	Analyzing how food choices are influenced
6	Snack Attack		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
6	Snack Attack		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
6	Snack Attack		Grades: 4-6	Using valid nutrition information to make healthy food choices
7	Sugar Water: Think About Your Drink	1	Grades: 4-6	Basing decisions upon nutrient content
7	Sugar Water: Think About Your Drink	2	Grades: 4-6	Selecting foods that promote oral health
7	Sugar Water: Think About Your Drink		Grades: 4-6	Establishing and maintaining healthy eating practices
7	Sugar Water: Think About Your Drink		Grades: 4-6	Reading and interpreting the information available on food labels, such as the amount of sugar, salt, or fat contained in the food
7	Sugar Water: Think About Your Drink		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
7	Sugar Water: Think About Your Drink		Grades: 4-6	Using valid nutrition information to make healthy food choices
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	1	Grades: 4-6	Basing decisions upon nutrient content
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Establishing and maintaining healthy eating practices

8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Analyzing how food choices are influenced
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Exploring ways to engage in enjoyable out-of-school play activities that promote fitness and health
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Participating regularly in a variety of enjoyable physical activities that promote aerobic conditioning, flexibility, and muscular strength and endurance both inside and outside of school
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Setting personal fitness goals
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Monitoring progress toward meeting fitness goals
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Developing and using coping strategies, including critical thinking, effective decision making, goal setting, and problem solving; developing assertiveness and refusal skills; and taking time for exercise and relaxation
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Using labels to compare the contents of food products, including a comparison of the cost of various foods according to their nutritional value
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grades: 4-6	Using valid nutrition information to make healthy food choices
9	Prime-Time Smartness		Grades: 4-6	Practicing positive health behaviors to reduce the risk of disease
9	Prime-Time Smartness		Grades: 4-6	Using critical-thinking skills to analyze marketing and advertising techniques and their influence on food selection

California > Content Standards for CAPA and Star CAPA Blueprints > English-Language Arts (2006)				
Lesson	Title	State ID	Grade Descr	State Text
19	Snack Decisions		Grades 4-5, Level III	Identify the main idea (in text read to student).
21	Freeze My TV		Grades 4-5, Level III	Interpret a bar graph, identify simple feature on a simple map.
24	Breakfast Bonanza		Grades 4-5, Level III	Identify the main idea (in text read to student).
27	Freeze My TV		Grades 4-5, Level III	Interpret a bar graph, identify simple feature on a simple map.
4	Balancing Act		Grades 4-5, Level III	Interpret a bar graph, identify simple feature on a simple map.
6	Snack Attack		Grades 4-5, Level III	Interpret a bar graph, identify simple feature on a simple map.
California > Content Standards for CAPA and Star CAPA Blueprints > Mathematics (2006)				
Lesson	Title	State ID	Grade Descr	State Text
12	Brilliant Breakfast		Grades 4-5, Level III	Answer a simple question related to a graph.
21	Freeze My TV		Grades 4-5, Level III	Represent data in a graph, table, or chart.
27	Freeze My TV			Represent data in a graph, table, or chart.

			Grades 4-5, Level III	
28	Get 3 At School and 5+ A Day		Grades 4-5, Level III	Represent data in a graph, table, or chart.
4	Balancing Act		Grades 4-5, Level III	Represent data in a graph, table, or chart.
5	Fast-Food Frenzy		Grades 4-5, Level III	Represent data in a graph, table, or chart.
6	Snack Attack		Grades 4-5, Level III	Represent data in a graph, table, or chart.
California > Content Standards for CAPA and Star CAPA Blueprints > Science (2006)				
Lesson	Title	State ID	Grade Descr	State Text