

Delaware > Content Standards > Health Education (2000)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	2.1	Elementary	about changes in puberty and adolescence: emotional, physical, social
1	Healthy Living	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
1	Healthy Living	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
1	Healthy Living	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
1	Healthy Living	2.1	Elementary	features of the Food Guide Pyramid
1	Healthy Living	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
1	Healthy Living	3.1	Elementary	how to assess personal likes and dislikes
1	Healthy Living	3.3	Elementary	how marketing, packaging and advertising influence food choices
1	Healthy Living	3.4	Elementary	how body image affects food choices
1	Healthy Living	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
1	Healthy Living	1.6	Elementary	importance of healthful eating and water consumption
10	Chain Five	3.2	Elementary	standard precautions (infection control procedures)
10	Chain Five	3.3	Elementary	strategies to prevent animal bites
10	Chain Five	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
10	Chain Five	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
10	Chain Five		Elementary	consuming more water, fruits, vegetables
10	Chain Five	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
10	Chain Five	2.1	Elementary	features of the Food Guide Pyramid
10	Chain Five	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines

10	Chain Five	3.1	Elementary	how to assess personal likes and dislikes
10	Chain Five	3.3	Elementary	how marketing, packaging and advertising influence food choices
10	Chain Five	3.4	Elementary	how body image affects food choices
10	Chain Five	1.6	Elementary	importance of healthful eating and water consumption
10	Chain Five	2.4	Elementary	strategies to prevent head lice and other parasitic infections
11	Alphabet Fruit (and Vegetables)	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
11	Alphabet Fruit (and Vegetables)	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
11	Alphabet Fruit (and Vegetables)	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
11	Alphabet Fruit (and Vegetables)	3.1	Elementary	how to assess personal likes and dislikes
11	Alphabet Fruit (and Vegetables)	3.3	Elementary	how marketing, packaging and advertising influence food choices
11	Alphabet Fruit (and Vegetables)	3.4	Elementary	how body image affects food choices
11	Alphabet Fruit (and Vegetables)	1.6	Elementary	importance of healthful eating and water consumption
12	Brilliant Breakfast	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
12	Brilliant Breakfast	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
12	Brilliant Breakfast	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
12	Brilliant Breakfast	2.1	Elementary	features of the Food Guide Pyramid
12	Brilliant Breakfast	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
12	Brilliant Breakfast	3.1	Elementary	how to assess personal likes and dislikes

12	Brilliant Breakfast	3.4	Elementary	how body image affects food choices
12	Brilliant Breakfast	1.6	Elementary	importance of healthful eating and water consumption
13	Fitness Walking	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
13	Fitness Walking	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
14	Healthy Living, Healthy Eating	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
14	Healthy Living, Healthy Eating	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
14	Healthy Living, Healthy Eating		Elementary	consuming more water, fruits, vegetables
14	Healthy Living, Healthy Eating		Elementary	decreasing fat intake
14	Healthy Living, Healthy Eating	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
14	Healthy Living, Healthy Eating	2.1	Elementary	features of the Food Guide Pyramid
14	Healthy Living, Healthy Eating	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
14	Healthy Living, Healthy Eating	3.1	Elementary	how to assess personal likes and dislikes
14	Healthy Living, Healthy Eating	3.3	Elementary	how marketing, packaging and advertising influence food choices
14	Healthy Living, Healthy Eating	3.4	Elementary	how body image affects food choices
14	Healthy Living, Healthy Eating	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
14		1.6	Elementary	importance of healthful eating and water consumption

	Healthy Living, Healthy Eating			
15	Keeping the Balance		Elementary	consuming more water, fruits, vegetables
15	Keeping the Balance		Elementary	decreasing fat intake
15	Keeping the Balance	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
15	Keeping the Balance	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
15	Keeping the Balance	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
15	Keeping the Balance	1.6	Elementary	importance of healthful eating and water consumption
15	Keeping the Balance	1.4	Elementary	hygiene practices for caring for body changes that occur during growth and development
16	The Safe Workout: A Review	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
16	The Safe Workout: A Review	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
16	The Safe Workout: A Review	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
16	The Safe Workout: A Review	2.1	Elementary	features of the Food Guide Pyramid
16	The Safe Workout: A Review	3.1	Elementary	how to assess personal likes and dislikes
16	The Safe Workout: A Review	3.4	Elementary	how body image affects food choices
16	The Safe Workout: A Review	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
16	The Safe Workout: A Review	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
16	The Safe Workout: A Review	1.6	Elementary	importance of healthful eating and water consumption

16	The Safe Workout: A Review	1.4	Elementary	hygiene practices for caring for body changes that occur during growth and development
17	Hunting for Hidden Fat	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
17	Hunting for Hidden Fat	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
17	Hunting for Hidden Fat		Elementary	decreasing fat intake
17	Hunting for Hidden Fat	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
17	Hunting for Hidden Fat	2.1	Elementary	features of the Food Guide Pyramid
17	Hunting for Hidden Fat	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
17	Hunting for Hidden Fat	3.1	Elementary	how to assess personal likes and dislikes
17	Hunting for Hidden Fat	3.4	Elementary	how body image affects food choices
17	Hunting for Hidden Fat	1.6	Elementary	importance of healthful eating and water consumption
18	Beverage Buzz: Sack the Sugar	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
18	Beverage Buzz: Sack the Sugar	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
18	Beverage Buzz: Sack the Sugar		Elementary	moderating sugar intake
18	Beverage Buzz: Sack the Sugar	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
18	Beverage Buzz: Sack the Sugar	2.1	Elementary	features of the Food Guide Pyramid
18	Beverage Buzz: Sack the Sugar	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
18	Beverage Buzz: Sack the Sugar	3.1	Elementary	how to assess personal likes and dislikes
18		3.3	Elementary	how marketing, packaging and advertising influence food choices

	Beverage Buzz: Sack the Sugar			
18	Beverage Buzz: Sack the Sugar	3.4	Elementary	how body image affects food choices
18	Beverage Buzz: Sack the Sugar	1.6	Elementary	importance of healthful eating and water consumption
18	Beverage Buzz: Sack the Sugar	1.4	Elementary	hygiene practices for caring for body changes that occur during growth and development
19	Snack Decisions	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
19	Snack Decisions	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
19	Snack Decisions		Elementary	consuming more water, fruits, vegetables
19	Snack Decisions		Elementary	decreasing fat intake
19	Snack Decisions		Elementary	moderating sugar intake
19	Snack Decisions	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
19	Snack Decisions	2.1	Elementary	features of the Food Guide Pyramid
19	Snack Decisions	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
19	Snack Decisions	3.1	Elementary	how to assess personal likes and dislikes
19	Snack Decisions	3.3	Elementary	how marketing, packaging and advertising influence food choices
19	Snack Decisions	3.4	Elementary	how body image affects food choices
19	Snack Decisions	1.6	Elementary	importance of healthful eating and water consumption
2	Carb Smart	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
2	Carb Smart	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
2	Carb Smart		Elementary	consuming more water, fruits, vegetables
2	Carb Smart		Elementary	decreasing fat intake

2	Carb Smart	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
2	Carb Smart	2.1	Elementary	features of the Food Guide Pyramid
2	Carb Smart	3.1	Elementary	how to assess personal likes and dislikes
2	Carb Smart	3.3	Elementary	how marketing, packaging and advertising influence food choices
2	Carb Smart	3.4	Elementary	how body image affects food choices
2	Carb Smart	1.6	Elementary	importance of healthful eating and water consumption
20	Snacking and Inactivity	2.2	Elementary	physical, social and emotional effects
20	Snacking and Inactivity	2.1	Elementary	about changes in puberty and adolescence: emotional, physical, social
20	Snacking and Inactivity	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
20	Snacking and Inactivity		Elementary	consuming more water, fruits, vegetables
20	Snacking and Inactivity		Elementary	decreasing fat intake
20	Snacking and Inactivity		Elementary	moderating sugar intake
20	Snacking and Inactivity	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
20	Snacking and Inactivity	3.1	Elementary	how to assess personal likes and dislikes
20	Snacking and Inactivity	3.3	Elementary	how marketing, packaging and advertising influence food choices
20	Snacking and Inactivity	3.4	Elementary	how body image affects food choices
20	Snacking and Inactivity	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
20	Snacking and Inactivity	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
20	Snacking and Inactivity	1.6	Elementary	importance of healthful eating and water consumption
20	Snacking and Inactivity	3.3	Elementary	signs of physical exhaustion and dehydration
21	Freeze My TV	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
21	Freeze My TV	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
22	Menu Monitoring	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)

22	Menu Monitoring	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
22	Menu Monitoring		Elementary	consuming more water, fruits, vegetables
22	Menu Monitoring	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
22	Menu Monitoring	2.1	Elementary	features of the Food Guide Pyramid
22	Menu Monitoring	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
22	Menu Monitoring	3.1	Elementary	how to assess personal likes and dislikes
22	Menu Monitoring	3.3	Elementary	how marketing, packaging and advertising influence food choices
22	Menu Monitoring	3.4	Elementary	how body image affects food choices
22	Menu Monitoring	1.6	Elementary	importance of healthful eating and water consumption
23	Veggiemania	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
23	Veggiemania		Elementary	consuming more water, fruits, vegetables
23	Veggiemania	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
23	Veggiemania	3.1	Elementary	how to assess personal likes and dislikes
23	Veggiemania	3.4	Elementary	how body image affects food choices
23	Veggiemania	1.6	Elementary	importance of healthful eating and water consumption
24	Breakfast Bonanza	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
24	Breakfast Bonanza	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
24	Breakfast Bonanza	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
24	Breakfast Bonanza	2.1	Elementary	features of the Food Guide Pyramid
24	Breakfast Bonanza	3.1	Elementary	how to assess personal likes and dislikes
24	Breakfast Bonanza	3.3	Elementary	how marketing, packaging and advertising influence food choices
24	Breakfast Bonanza	3.4	Elementary	how body image affects food choices
24	Breakfast Bonanza	1.6	Elementary	importance of healthful eating and water consumption

25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	3.2	Elementary	influences: internal, peer, family, cultural, media
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	2.1	Elementary	influences: internal, family, peer, cultural, media
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Elementary	consuming more water, fruits, vegetables
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	2.1	Elementary	features of the Food Guide Pyramid
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	3.1	Elementary	how to assess personal likes and dislikes
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	3.3	Elementary	how marketing, packaging and advertising influence food choices
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	3.4	Elementary	how body image affects food choices

25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	1.6	Elementary	importance of healthful eating and water consumption
26	Fitness Walking	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
26	Fitness Walking	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
27	Freeze My TV	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
27	Freeze My TV	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
28	Get 3 At School and 5+ A Day	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
28	Get 3 At School and 5+ A Day	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
28	Get 3 At School and 5+ A Day	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
28	Get 3 At School and 5+ A Day	2.1	Elementary	features of the Food Guide Pyramid
28	Get 3 At School and 5+ A Day	3.1	Elementary	how to assess personal likes and dislikes
28	Get 3 At School and 5+ A Day	3.4	Elementary	how body image affects food choices
28	Get 3 At School and 5+ A Day	1.6	Elementary	importance of healthful eating and water consumption
29	Class Walking Clubs	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
29	Class Walking Clubs	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
3	The Safe Workout: An Introduction	2.4	Elementary	signs and behaviors of AOD use
3	The Safe Workout: An Introduction	2.5	Elementary	benefits of not using AOD (physical, social, emotional, legal, financial)

3	The Safe Workout: An Introduction	3.1	Elementary	pressures to use
3	The Safe Workout: An Introduction	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
3	The Safe Workout: An Introduction	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
3	The Safe Workout: An Introduction	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
3	The Safe Workout: An Introduction	2.1	Elementary	features of the Food Guide Pyramid
3	The Safe Workout: An Introduction	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
3	The Safe Workout: An Introduction	3.1	Elementary	how to assess personal likes and dislikes
3	The Safe Workout: An Introduction	3.3	Elementary	how marketing, packaging and advertising influence food choices
3	The Safe Workout: An Introduction	3.4	Elementary	how body image affects food choices
3	The Safe Workout: An Introduction	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
3	The Safe Workout: An Introduction	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
3	The Safe Workout: An Introduction	1.6	Elementary	importance of healthful eating and water consumption
30	Tour de Health	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
30	Tour de Health		Elementary	consuming more water, fruits, vegetables
30	Tour de Health	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers

30	Tour de Health	3.1	Elementary	how to assess personal likes and dislikes
30	Tour de Health	3.3	Elementary	how marketing, packaging and advertising influence food choices
30	Tour de Health	3.4	Elementary	how body image affects food choices
30	Tour de Health	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
30	Tour de Health	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
30	Tour de Health	1.6	Elementary	importance of healthful eating and water consumption
4	Balancing Act	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
4	Balancing Act	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
4	Balancing Act		Elementary	consuming more water, fruits, vegetables
4	Balancing Act	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
4	Balancing Act	2.1	Elementary	features of the Food Guide Pyramid
4	Balancing Act	3.1	Elementary	how to assess personal likes and dislikes
4	Balancing Act	3.3	Elementary	how marketing, packaging and advertising influence food choices
4	Balancing Act	3.4	Elementary	how body image affects food choices
4	Balancing Act	1.6	Elementary	importance of healthful eating and water consumption
5	Fast-Food Frenzy	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
5	Fast-Food Frenzy		Elementary	consuming more water, fruits, vegetables
5	Fast-Food Frenzy		Elementary	decreasing fat intake
5	Fast-Food Frenzy	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
5	Fast-Food Frenzy	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
5	Fast-Food Frenzy	3.1	Elementary	how to assess personal likes and dislikes
5	Fast-Food Frenzy	3.3	Elementary	how marketing, packaging and advertising influence food choices
5	Fast-Food Frenzy	3.4	Elementary	how body image affects food choices

5	Fast-Food Frenzy	1.6	Elementary	importance of healthful eating and water consumption
6	Snack Attack	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
6	Snack Attack	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
6	Snack Attack		Elementary	consuming more water, fruits, vegetables
6	Snack Attack		Elementary	decreasing fat intake
6	Snack Attack	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
6	Snack Attack	2.1	Elementary	features of the Food Guide Pyramid
6	Snack Attack	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
6	Snack Attack	3.1	Elementary	how to assess personal likes and dislikes
6	Snack Attack	3.3	Elementary	how marketing, packaging and advertising influence food choices
6	Snack Attack	3.4	Elementary	how body image affects food choices
6	Snack Attack	1.6	Elementary	importance of healthful eating and water consumption
7	Sugar Water: Think About Your Drink	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
7	Sugar Water: Think About Your Drink	1.2	Elementary	how to develop a dietary plan consistent with Food Guide Pyramid
7	Sugar Water: Think About Your Drink		Elementary	consuming more water, fruits, vegetables
7	Sugar Water: Think About Your Drink		Elementary	moderating sugar intake
7	Sugar Water: Think About Your Drink	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
7	Sugar Water: Think About Your Drink	2.1	Elementary	features of the Food Guide Pyramid
7	Sugar Water: Think About Your Drink	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines

	Your Drink			
7	Sugar Water: Think About Your Drink	3.1	Elementary	how to assess personal likes and dislikes
7	Sugar Water: Think About Your Drink	3.3	Elementary	how marketing, packaging and advertising influence food choices
7	Sugar Water: Think About Your Drink	3.4	Elementary	how body image affects food choices
7	Sugar Water: Think About Your Drink	1.6	Elementary	importance of healthful eating and water consumption
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	1.1	Elementary	benefits of healthful eating (short-term and long-term benefits and risks)
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Elementary	consuming more water, fruits, vegetables
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	1.4	Elementary	healthful strategies for dealing with personal food preferences, restrictions, and barriers
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	2.2	Elementary	how to read food nutrition labels and describe dietary guidelines
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	3.1	Elementary	how to assess personal likes and dislikes
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	3.3	Elementary	how marketing, packaging and advertising influence food choices
8	The Safe Workout: Snacking's Just Fine, If you	3.4	Elementary	how body image affects food choices

	Choose the Right Kind			
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	1.1	Elementary	benefits and risks of physical activity, including mental and social benefits
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	1.3	Elementary	types of exercise: aerobic, anaerobic, stretching, strengthening
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	1.6	Elementary	importance of healthful eating and water consumption
9	Prime-Time Smartness	3.2	Elementary	influences: internal, peer, family, cultural, media
9	Prime-Time Smartness	2.1	Elementary	influences: internal, family, peer, cultural, media
9	Prime-Time Smartness	3.3	Elementary	how marketing, packaging and advertising influence food choices
Delaware > Content Standards > Science (2006)				
Lesson	Title	State ID	Grade Descr	State Text
21	Freeze My TV		Grades: 4-5	Accurately collect data using observations, simple tools and equipment. Display and organize data in tables, charts, diagrams, and bar graphs or plots over time. Compare and question results with and from others.
27	Freeze My TV		Grades: 4-5	Accurately collect data using observations, simple tools and equipment. Display and organize data in tables, charts, diagrams, and bar graphs or plots over time. Compare and question results with and from others.
Delaware > Grade Level Expectations > Science (2006)				

Lesson	Title	State ID	Grade Descr	State Text
21	Freeze My TV		Grade 4	Accurately collect data using observations, simple tools and equipment. Display and organize data in tables, charts, diagrams, and bar graphs or plots over time. Compare and question results with and from others.
27	Freeze My TV		Grade 4	Accurately collect data using observations, simple tools and equipment. Display and organize data in tables, charts, diagrams, and bar graphs or plots over time. Compare and question results with and from others.
27	Freeze My TV		Grade 4	Select and use a variety of appropriate instruments (i.e., graduated cylinders, stream tables, hand lens, ruler, balances) for collecting, recording, and analyzing data obtained from stream table investigations. Communicate the results of stream table investigations through record sheets, oral and written observations, and drawings.
27	Freeze My TV		Grade 4	Using newspapers, the internet, and actual sky observations when possible, chart the appearance of the Moon in the night sky over the course of at least two months. Identify the basic pattern of the Moon s appearance. Classify the Moon s appearance by using the terms new, first quarter, full, last (third) quarter.
27	Freeze My TV		Grade 4	Using newspapers, the internet, and actual sky observations when possible, charts the appearance of the Moon in the night sky over the course of at least two months. Identify the basic pattern of the Moon s appearance. Classify the Moon s appearance by using the terms new, first quarter, full, last (third) quarter.
27	Freeze My TV		Grade 4	Select and use a variety of appropriate instruments (i.e., graduated cylinders, stream tables, hand lens, ruler, balances) for collecting, recording, and analyzing data obtained from stream table investigations. Communicate the results of stream table investigations through record sheets, oral and written observations, and drawings.
27	Freeze My TV		Grade 5	Accurately collect data using observations, simple tools and equipment. Display and organize data in tables, charts, diagrams, and bar graphs or plots over time. Compare and question results with and from others.
Delaware > Grade Level Expectations > English				

Language Arts (2006)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living		Grade 4	Summarize major points of an informative/technical text
1	Healthy Living		Grade 4	Create a graphic organizer (e.g., webs, charts) that identifies story/literary elements, story structure, the main idea and supporting details
1	Healthy Living		Grade 4	Summarize a text capturing the most important parts of the original piece
1	Healthy Living		Grade 5	Summarize major points of an informative/technical text
1	Healthy Living		Grade 5	Create a graphic organizer (e.g., webs, charts) that identifies story/ literary elements, story structure, the main idea and supporting details
1	Healthy Living		Grade 5	Summarize a text capturing the most important parts of the original piece
10	Chain Five		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
10	Chain Five		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
11	Alphabet Fruit (and Vegetables)		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
11	Alphabet Fruit (and Vegetables)		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
13	Fitness Walking		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
13	Fitness Walking		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
14	Healthy Living, Healthy Eating		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
14	Healthy Living, Healthy Eating		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)

15	Keeping the Balance		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
15	Keeping the Balance		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
16	The Safe Workout: A Review		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
16	The Safe Workout: A Review		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
17	Hunting for Hidden Fat		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
17	Hunting for Hidden Fat		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
18	Beverage Buzz: Sack the Sugar		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
18	Beverage Buzz: Sack the Sugar		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
19	Snack Decisions		Grade 4	Learn and use unfamiliar words that are introduced in stories and texts
19	Snack Decisions		Grade 4	Reading and rereading other sentences in the text to identify and use words that help unlock the meaning of unknown words
19	Snack Decisions		Grade 4	Looking for and using context clues provided by synonyms and antonyms
19	Snack Decisions		Grade 4	Create a graphic organizer (e.g., webs, charts) that identifies story/literary elements, story structure, the main idea and supporting details
19	Snack Decisions		Grade 4	Summarize a text capturing the most important parts of the original piece
19	Snack Decisions		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
19	Snack Decisions		Grade 4	Volunteer relevant information, ask relevant questions, and answer questions directly
19	Snack Decisions		Grade 5	Learn and use unfamiliar words that are introduced in stories and texts

19	Snack Decisions		Grade 5	Reading and rereading other sentences in the text to identify and use words that help unlock the meaning of unknown words
19	Snack Decisions		Grade 5	Looking for and using context clues provided by synonyms and antonyms
19	Snack Decisions		Grade 5	Create a graphic organizer (e.g., webs, charts) that identifies story/ literary elements, story structure, the main idea and supporting details
19	Snack Decisions		Grade 5	Summarize a text capturing the most important parts of the original piece
19	Snack Decisions		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
19	Snack Decisions		Grade 5	Volunteer relevant information, ask relevant questions, and answer questions directly
20	Snacking and Inactivity		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
20	Snacking and Inactivity		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
21	Freeze My TV		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
21	Freeze My TV		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
22	Menu Monitoring		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
22	Menu Monitoring		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
23	Veggiemania		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
23	Veggiemania		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
24	Breakfast Bonanza		Grade 4	Learn and use unfamiliar words that are introduced in stories and texts
24	Breakfast Bonanza		Grade 4	

				Reading and rereading other sentences in the text to identify and use words that help unlock the meaning of unknown words
24	Breakfast Bonanza		Grade 4	Looking for and using context clues provided by synonyms and antonyms
24	Breakfast Bonanza		Grade 4	Identify text structures in informative/ technical texts (e.g., sequence/ chronological order, classification, simple definition, simple process, description, comparison, problem/ solution, simple cause/effect)
24	Breakfast Bonanza		Grade 4	Create a graphic organizer (e.g., webs, charts) that identifies story/literary elements, story structure, the main idea and supporting details
24	Breakfast Bonanza		Grade 4	Use an appropriate organizer based on the structure of the text (e.g., sequence/ chronological order, classification, definition, simple process, description, comparison)
24	Breakfast Bonanza		Grade 4	Summarize a text capturing the most important parts of the original piece
24	Breakfast Bonanza		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
24	Breakfast Bonanza		Grade 5	Learn and use unfamiliar words that are introduced in stories and texts
24	Breakfast Bonanza		Grade 5	Reading and rereading other sentences in the text to identify and use words that help unlock the meaning of unknown words
24	Breakfast Bonanza		Grade 5	Looking for and using context clues provided by synonyms and antonyms
24	Breakfast Bonanza		Grade 5	Apply knowledge of text structures in informative/technical texts (sequence/chronological order, classification, definition, process, description, comparison, problem/ solution, simple cause/effect) to make meaning of text
24	Breakfast Bonanza		Grade 5	Create a graphic organizer (e.g., webs, charts) that identifies story/ literary elements, story structure, the main idea and supporting details
24	Breakfast Bonanza		Grade 5	Use an appropriate organizer based on the structure of the text (sequence/ chronological order, classification, definition, process, description, comparison, problem /solution)
24	Breakfast Bonanza		Grade 5	Summarize a text capturing the most important parts of the original piece
24	Breakfast Bonanza		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)

25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Grade 4	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		Grade 5	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
26	Fitness Walking		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
26	Fitness Walking		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
27	Freeze My TV		Grade 4	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
27	Freeze My TV		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
27	Freeze My TV		Grade 5	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
27	Freeze My TV		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
3	The Safe Workout: An Introduction		Grade 4	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
3	The Safe Workout: An Introduction		Grade 4	Restate the order of the steps of a task in an informative/technical text
3	The Safe Workout: An Introduction		Grade 4	Create a graphic organizer (e.g., webs, charts) that identifies story/literary elements, story structure, the main idea and supporting details
3	The Safe Workout: An Introduction		Grade 4	Identify information in a text to develop an opinion

3	The Safe Workout: An Introduction		Grade 5	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
3	The Safe Workout: An Introduction		Grade 5	Describe the unique features of various informative texts (e.g., newspapers, magazines, product information, consumer materials, manuals, editorials)
3	The Safe Workout: An Introduction		Grade 5	Restate in order the steps of a task in an informative/technical text
3	The Safe Workout: An Introduction		Grade 5	Create a graphic organizer (e.g., webs, charts) that identifies story/ literary elements, story structure, the main idea and supporting details
3	The Safe Workout: An Introduction		Grade 5	Identify information in a text to develop a logical opinion
4	Balancing Act		Grade 4	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
4	Balancing Act		Grade 4	Restate the order of the steps of a task in an informative/technical text
4	Balancing Act		Grade 4	Create a graphic organizer (e.g., webs, charts) that identifies story/literary elements, story structure, the main idea and supporting details
4	Balancing Act		Grade 4	Identify information in a text to develop an opinion
4	Balancing Act		Grade 4	Organize and interpret gathered information using various graphic organizers (e.g., outlining, webbing)
4	Balancing Act		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
4	Balancing Act		Grade 5	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
4	Balancing Act		Grade 5	Describe the unique features of various informative texts (e.g., newspapers, magazines, product information, consumer materials, manuals, editorials)
4	Balancing Act		Grade 5	Restate in order the steps of a task in an informative/technical text

4	Balancing Act		Grade 5	Create a graphic organizer (e.g., webs, charts) that identifies story/ literary elements, story structure, the main idea and supporting details
4	Balancing Act		Grade 5	Identify information in a text to develop a logical opinion
4	Balancing Act		Grade 5	Organize and interpret gathered information using various graphic organizers (e.g., outlining, webbing)
4	Balancing Act		Grade 5	using a meaningful format (text, drawings, graphs, diagrams, and graphics) to express ideas
4	Balancing Act		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
5	Fast-Food Frenzy		Grade 4	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
5	Fast-Food Frenzy		Grade 4	Summarize major points of an informative/technical text
5	Fast-Food Frenzy		Grade 4	Restate the order of the steps of a task in an informative/technical text
5	Fast-Food Frenzy		Grade 4	Create a graphic organizer (e.g., webs, charts) that identifies story/literary elements, story structure, the main idea and supporting details
5	Fast-Food Frenzy		Grade 4	Summarize a text capturing the most important parts of the original piece
5	Fast-Food Frenzy		Grade 5	Summaries
5	Fast-Food Frenzy		Grade 5	Describe essential information from text features (e.g., title, author, cover, pictures, captions, maps, chapter headings, information from charts and graphs, illustrations, glossaries, indices) to enhance understanding of text
5	Fast-Food Frenzy		Grade 5	Summarize major points of an informative/technical text
5	Fast-Food Frenzy		Grade 5	Restate in order the steps of a task in an informative/technical text
5	Fast-Food Frenzy		Grade 5	Create a graphic organizer (e.g., webs, charts) that identifies story/ literary elements, story structure, the main idea and supporting details
5	Fast-Food Frenzy		Grade 5	Summarize a text capturing the most important parts of the original piece
5	Fast-Food Frenzy		Grade 5	Engage in communication to clarify thoughts, solve problems, make decisions, discuss issues, and extend understandings

6	Snack Attack		Grade 4	Organize and interpret gathered information using various graphic organizers (e.g., outlining, webbing)
6	Snack Attack		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
6	Snack Attack		Grade 5	Organize and interpret gathered information using various graphic organizers (e.g., outlining, webbing)
6	Snack Attack		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
7	Sugar Water: Think About Your Drink		Grade 4	Restate the order of the steps of a task in an informative/technical text
7	Sugar Water: Think About Your Drink		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
7	Sugar Water: Think About Your Drink		Grade 5	Restate in order the steps of a task in an informative/technical text
7	Sugar Water: Think About Your Drink		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
9	Prime-Time Smartness		Grade 4	Learn and use unfamiliar words that are introduced in stories and texts
9	Prime-Time Smartness		Grade 4	Reading and rereading other sentences in the text to identify and use words that help unlock the meaning of unknown words
9	Prime-Time Smartness		Grade 4	Looking for and using context clues provided by synonyms and antonyms
9	Prime-Time Smartness		Grade 4	Restate the order of the steps of a task in an informative/technical text
9	Prime-Time Smartness		Grade 4	Identify information in a text to develop an opinion

9	Prime-Time Smartness		Grade 4	Organize and interpret gathered information using various graphic organizers (e.g., outlining, webbing)
9	Prime-Time Smartness		Grade 4	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
9	Prime-Time Smartness		Grade 5	Learn and use unfamiliar words that are introduced in stories and texts
9	Prime-Time Smartness		Grade 5	Reading and rereading other sentences in the text to identify and use words that help unlock the meaning of unknown words
9	Prime-Time Smartness		Grade 5	Looking for and using context clues provided by synonyms and antonyms
9	Prime-Time Smartness		Grade 5	Describe the unique features of various informative texts (e.g., newspapers, magazines, product information, consumer materials, manuals, editorials)
9	Prime-Time Smartness		Grade 5	Restate in order the steps of a task in an informative/technical text
9	Prime-Time Smartness		Grade 5	Identify information in a text to develop a logical opinion
9	Prime-Time Smartness		Grade 5	Organize and interpret gathered information using various graphic organizers (e.g., outlining, webbing)
9	Prime-Time Smartness		Grade 5	Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)
Delaware > Grade Level Expectations > Social Studies (2006)				
Lesson	Title	State ID	Grade Descr	State Text
Delaware > Grade Level Expectations > Mathematics (2006)				
Lesson	Title			State Text

		State ID	Grade Descr	
12	Brilliant Breakfast		Grade 4	Interpret tables, graphs and real-world events based on how they change over time
27	Freeze My TV		Grade 4	Record patterns of growth in tables and graphs
27	Freeze My TV		Grade 4	Interpret tables, graphs and real-world events based on how they change over time
27	Freeze My TV		Grade 4	Pose questions that can be answered with data; systematically collect and organize both categorical and numerical data
27	Freeze My TV		Grade 4	Collect categorical data where the data is described using numbers (e.g., how many have five letters in their first name?)
27	Freeze My TV		Grade 4	Construct and use data displays (e.g., tables, scaled pictographs, bar graphs, line plots) in order to answer a question
27	Freeze My TV		Grade 4	Describe a set of data as a whole, noting important features such as concentration of values, spread of the values, and extreme values
27	Freeze My TV		Grade 4	Find and use measures of center (mode and median) to summarize and interpret data
27	Freeze My TV		Grade 5	Pose questions that can be answered with data; systematically collect and organize categorical and numerical/ measurement data
27	Freeze My TV		Grade 5	Construct and use data displays (e.g., tables, scaled pictographs, line plots, bar graphs) in order to answer a question
27	Freeze My TV		Grade 5	Compare related data sets noting similarities and differences in the distributions
27	Freeze My TV		Grade 5	Find and use measures of center (mean, median, mode) and spread (range) to summarize and interpret data
28	Get 3 At School and 5+ A Day		Grade 4	Pose questions that can be answered with data; systematically collect and organize both categorical and numerical data
28	Get 3 At School and 5+ A Day		Grade 4	Construct and use data displays (e.g., tables, scaled pictographs, bar graphs, line plots) in order to answer a question
28	Get 3 At School and 5+ A Day		Grade 5	Pose questions that can be answered with data; systematically collect and organize categorical and numerical/ measurement data

28	Get 3 At School and 5+ A Day		Grade 5	Construct and use data displays (e.g., tables, scaled pictographs, line plots, bar graphs) in order to answer a question
4	Balancing Act		Grade 4	Record patterns of growth in tables and graphs
4	Balancing Act		Grade 4	Interpret tables, graphs and real-world events based on how they change over time
5	Fast-Food Frenzy		Grade 5	Develop the meaning of percent as a ratio of a number out of 100
5	Fast-Food Frenzy		Grade 5	Find benchmark percents of numbers using physical models