

Idaho > Alternate Assessment Extended Content Standards > Science (2003)				
Lesson	Title	State ID	Grade Descr	State Text
Idaho > Alternate Assessment Extended Content Standards > Health Education (2003)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	e	Grades: K-12	Exercise in a physical therapy program
1	Healthy Living	j	Grades: K-12	Participate in exercise
1	Healthy Living	n	Grades: K-12	Identify healthy/unhealthy foods
1	Healthy Living	a	Grades: K-12	Participate in making a healthy snack
1	Healthy Living	b	Grades: K-12	Identify healthy and unhealthy foods
10	Chain Five	n	Grades: K-12	Identify healthy/unhealthy foods
10	Chain Five	a	Grades: K-12	Participate in making a healthy snack
10	Chain Five	b	Grades: K-12	Identify healthy and unhealthy foods
10	Chain Five	d	Grades: K-12	Identify and recognize abstinence as the surest method to prevent pregnancy and STDs
10	Chain Five	d		Vitamins

			Grades: K-12	
11	Alphabet Fruit (and Vegetables)	n	Grades: K-12	Identify healthy/unhealthy foods
11	Alphabet Fruit (and Vegetables)	a	Grades: K-12	Participate in making a healthy snack
11	Alphabet Fruit (and Vegetables)	b	Grades: K-12	Identify healthy and unhealthy foods
12	Brilliant Breakfast	n	Grades: K-12	Identify healthy/unhealthy foods
12	Brilliant Breakfast	a	Grades: K-12	Participate in making a healthy snack
12	Brilliant Breakfast	b	Grades: K-12	Identify healthy and unhealthy foods
13	Fitness Walking	e	Grades: K-12	Exercise in a physical therapy program
13	Fitness Walking	j	Grades: K-12	Participate in exercise
13	Fitness Walking	e	Grades: K-12	Recognize how sexual decisions are influenced by external pressures such as the community, media, and peers.
14	Healthy Living, Healthy Eating	e	Grades: K-12	Exercise in a physical therapy program
14	Healthy Living, Healthy Eating	j	Grades: K-12	Participate in exercise
14	Healthy Living, Healthy Eating	n	Grades: K-12	Identify healthy/unhealthy foods
14	Healthy Living, Healthy Eating	a	Grades: K-12	Participate in making a healthy snack

14	Healthy Living, Healthy Eating	b	Grades: K-12	Identify healthy and unhealthy foods
14	Healthy Living, Healthy Eating	d	Grades: K-12	Vitamins
15	Keeping the Balance	e	Grades: K-12	Exercise in a physical therapy program
15	Keeping the Balance	j	Grades: K-12	Participate in exercise
15	Keeping the Balance	d	Grades: K-12	Vitamins
16	The Safe Workout: A Review	e	Grades: K-12	Exercise in a physical therapy program
16	The Safe Workout: A Review	j	Grades: K-12	Participate in exercise
16	The Safe Workout: A Review	n	Grades: K-12	Identify healthy/unhealthy foods
16	The Safe Workout: A Review	a	Grades: K-12	Participate in making a healthy snack
16	The Safe Workout: A Review	b	Grades: K-12	Identify healthy and unhealthy foods
17	Hunting for Hidden Fat	n	Grades: K-12	Identify healthy/unhealthy foods
17	Hunting for Hidden Fat	a	Grades: K-12	Participate in making a healthy snack
17	Hunting for Hidden Fat	b	Grades: K-12	Identify healthy and unhealthy foods
17	Hunting for Hidden Fat	d	Grades: K-12	Vitamins

18	Beverage Buzz: Sack the Sugar	n	Grades: K-12	Identify healthy/unhealthy foods
18	Beverage Buzz: Sack the Sugar	a	Grades: K-12	Participate in making a healthy snack
18	Beverage Buzz: Sack the Sugar	b	Grades: K-12	Identify healthy and unhealthy foods
18	Beverage Buzz: Sack the Sugar	d	Grades: K-12	Vitamins
19	Snack Decisions	n	Grades: K-12	Identify healthy/unhealthy foods
19	Snack Decisions	a	Grades: K-12	Participate in making a healthy snack
19	Snack Decisions	b	Grades: K-12	Identify healthy and unhealthy foods
19	Snack Decisions	a	Grades: K-12	Name health products you have seen in advertisements.
19	Snack Decisions	d	Grades: K-12	Vitamins
2	Carb Smart	n	Grades: K-12	Identify healthy/unhealthy foods
2	Carb Smart	a	Grades: K-12	Participate in making a healthy snack
2	Carb Smart	b	Grades: K-12	Identify healthy and unhealthy foods
2	Carb Smart	d	Grades: K-12	Vitamins
20	Snacking and Inactivity	e	Grades: K-12	Exercise in a physical therapy program

20	Snacking and Inactivity	j	Grades: K-12	Participate in exercise
20	Snacking and Inactivity	n	Grades: K-12	Identify healthy/unhealthy foods
20	Snacking and Inactivity	a	Grades: K-12	Participate in making a healthy snack
20	Snacking and Inactivity	b	Grades: K-12	Identify healthy and unhealthy foods
21	Freeze My TV	e	Grades: K-12	Exercise in a physical therapy program
21	Freeze My TV	j	Grades: K-12	Participate in exercise
22	Menu Monitoring	n	Grades: K-12	Identify healthy/unhealthy foods
22	Menu Monitoring	a	Grades: K-12	Participate in making a healthy snack
22	Menu Monitoring	b	Grades: K-12	Identify healthy and unhealthy foods
22	Menu Monitoring	d	Grades: K-12	Vitamins
23	Veggiemania	n	Grades: K-12	Identify healthy/unhealthy foods
23	Veggiemania	a	Grades: K-12	Participate in making a healthy snack
23	Veggiemania	b	Grades: K-12	Identify healthy and unhealthy foods
23	Veggiemania	d	Grades: K-12	Vitamins

24	Breakfast Bonanza	n	Grades: K-12	Identify healthy/unhealthy foods
24	Breakfast Bonanza	a	Grades: K-12	Participate in making a healthy snack
24	Breakfast Bonanza	b	Grades: K-12	Identify healthy and unhealthy foods
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	n	Grades: K-12	Identify healthy/unhealthy foods
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	a	Grades: K-12	Participate in making a healthy snack
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	b	Grades: K-12	Identify healthy and unhealthy foods
26	Fitness Walking	e	Grades: K-12	Exercise in a physical therapy program
26	Fitness Walking	j	Grades: K-12	Participate in exercise
26	Fitness Walking	e	Grades: K-12	Recognize how sexual decisions are influenced by external pressures such as the community, media, and peers.
27	Freeze My TV	e	Grades: K-12	Exercise in a physical therapy program
27	Freeze My TV	j	Grades: K-12	Participate in exercise
28	Get 3 At School and 5+ A Day	n	Grades: K-12	Identify healthy/unhealthy foods
28	Get 3 At School and 5+ A Day	a	Grades: K-12	Participate in making a healthy snack
28	Get 3 At School and 5+ A Day	b	Grades: K-12	Identify healthy and unhealthy foods

29	Class Walking Clubs	e	Grades: K-12	Exercise in a physical therapy program
29	Class Walking Clubs	j	Grades: K-12	Participate in exercise
29	Class Walking Clubs	e	Grades: K-12	Recognize how sexual decisions are influenced by external pressures such as the community, media, and peers.
3	The Safe Workout: An Introduction	e	Grades: K-12	Exercise in a physical therapy program
3	The Safe Workout: An Introduction	j	Grades: K-12	Participate in exercise
3	The Safe Workout: An Introduction	n	Grades: K-12	Identify healthy/unhealthy foods
3	The Safe Workout: An Introduction	a	Grades: K-12	Participate in making a healthy snack
3	The Safe Workout: An Introduction	b	Grades: K-12	Identify healthy and unhealthy foods
30	Tour de Health	n	Grades: K-12	Identify healthy/unhealthy foods
30	Tour de Health	a	Grades: K-12	Participate in making a healthy snack
30	Tour de Health	b	Grades: K-12	Identify healthy and unhealthy foods
30	Tour de Health	d	Grades: K-12	Vitamins
4	Balancing Act	n	Grades: K-12	Identify healthy/unhealthy foods
4	Balancing Act	a	Grades: K-12	Participate in making a healthy snack

4	Balancing Act	b	Grades: K-12	Identify healthy and unhealthy foods
4	Balancing Act	d	Grades: K-12	Vitamins
5	Fast-Food Frenzy	n	Grades: K-12	Identify healthy/unhealthy foods
5	Fast-Food Frenzy	a	Grades: K-12	Participate in making a healthy snack
5	Fast-Food Frenzy	b	Grades: K-12	Identify healthy and unhealthy foods
5	Fast-Food Frenzy	d	Grades: K-12	Vitamins
6	Snack Attack	n	Grades: K-12	Identify healthy/unhealthy foods
6	Snack Attack	a	Grades: K-12	Participate in making a healthy snack
6	Snack Attack	b	Grades: K-12	Identify healthy and unhealthy foods
7	Sugar Water: Think About Your Drink	n	Grades: K-12	Identify healthy/unhealthy foods
7	Sugar Water: Think About Your Drink	a	Grades: K-12	Participate in making a healthy snack
7	Sugar Water: Think About Your Drink	b	Grades: K-12	Identify healthy and unhealthy foods
7	Sugar Water: Think About Your Drink	d	Grades: K-12	Vitamins
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right	j	Grades: K-12	Participate in exercise

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8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	n	Grades: K-12	Identify healthy/unhealthy foods
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	a	Grades: K-12	Participate in making a healthy snack
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	b	Grades: K-12	Identify healthy and unhealthy foods
9	Prime-Time Smartness	e	Grades: K-12	Recognize how sexual decisions are influenced by external pressures such as the community, media, and peers.
9	Prime-Time Smartness	a	Grades: K-12	Name health products you have seen in advertisements.
9	Prime-Time Smartness	c	Grades: K-12	Health worker presentation in classroom
Idaho > Alternate Assessment Extended Content Standards > Mathematics (2003)				
Lesson	Title	State ID	Grade Descr	State Text
15	Keeping the Balance	a	Grades: K-12	You have made one sandwich. Two more are made. How many sandwiches have been made?
15	Keeping the Balance	b	Grades: K-12	Answer adding and subtracting worksheets.
15	Keeping the Balance	c	Grades: K-12	Add problems on dry erase board.
15	Keeping the Balance	d		Add the stack of towels to another stack for inventory on a job.

			Grades: K-12	
15	Keeping the Balance	a	Grades: K-12	Solve a story problem that adds and subtracts.
21	Freeze My TV	a	Grades: K-12	Read a graph and decide to improve personal performance.
27	Freeze My TV	a	Grades: K-12	Read a graph and decide to improve personal performance.
27	Freeze My TV	c	Grades: K-12	Use playoff charts and predict outcomes.
27	Freeze My TV	b	Grades: K-12	Collect and display the lunch count.
27	Freeze My TV	d	Grades: K-12	Student collects and displays hours worked on a time sheet to determine total hours worked per week.
28	Get 3 At School and 5+ A Day	b	Grades: K-12	Collect and display the lunch count.
4	Balancing Act	a	Grades: K-12	Read a graph and decide to improve personal performance.
4	Balancing Act	c	Grades: K-12	Use playoff charts and predict outcomes.
5	Fast-Food Frenzy	c	Grades: K-12	Use playoff charts and predict outcomes.
6	Snack Attack	a	Grades: K-12	Read a graph and decide to improve personal performance.
Idaho > Alternate Assessment Extended Content Standards > Language-Expressive Communication (2003)				

Lesson	Title	State ID	Grade Descr	State Text
Idaho > Alternate Assessment Extended Content Standards > Reading-Receptive Communication (2003)				
Lesson	Title	State ID	Grade Descr	State Text
Idaho > Alternate Assessment Extended Content Standards > Social Studies (2003)				
Lesson	Title	State ID	Grade Descr	State Text
Idaho > Content Standards > Mathematics (2006)				
Lesson	Title	State ID	Grade Descr	State Text
12	Brilliant Breakfast	4.M.5.1.1	Grade 4	Read and interpret simple tables, charts, bar graphs, and line graphs.
12	Brilliant Breakfast	5.M.5.1.1	Grade 5	Read and interpret tables, charts, bar graphs, and line graphs.
17	Hunting for Hidden Fat	4.M.5.1.1	Grade 4	Read and interpret simple tables, charts, bar graphs, and line graphs.
17	Hunting for Hidden Fat	4.M.5.2.2	Grade 4	Display data in a bar graph using appropriate notation such as a title, axes labels, and reasonable scales.
17	Hunting for Hidden Fat	5.M.5.1.1	Grade 5	Read and interpret tables, charts, bar graphs, and line graphs.
21	Freeze My TV	4.M.5.1.1	Grade 4	Read and interpret simple tables, charts, bar graphs, and line graphs.

21	Freeze My TV	4.M.5.2.2	Grade 4	Display data in a bar graph using appropriate notation such as a title, axes labels, and reasonable scales.
21	Freeze My TV	5.M.5.1.1	Grade 5	Read and interpret tables, charts, bar graphs, and line graphs.
24	Breakfast Bonanza	4.M.5.1.1	Grade 4	Read and interpret simple tables, charts, bar graphs, and line graphs.
24	Breakfast Bonanza	5.M.5.1.1	Grade 5	Read and interpret tables, charts, bar graphs, and line graphs.
27	Freeze My TV	4.M.5.1.1	Grade 4	Read and interpret simple tables, charts, bar graphs, and line graphs.
27	Freeze My TV	4.M.5.2.1	Grade 4	Collect, organize, and display data in tables and charts to answer a question.
27	Freeze My TV	4.M.5.2.2	Grade 4	Display data in a bar graph using appropriate notation such as a title, axes labels, and reasonable scales.
27	Freeze My TV	5.M.5.1.1	Grade 5	Read and interpret tables, charts, bar graphs, and line graphs.
27	Freeze My TV	5.M.5.2.1	Grade 5	Collect, organize, and display the data with appropriate notation in tables, charts, bar graphs, and line graphs.
28	Get 3 At School and 5+ A Day	4.M.5.2.1	Grade 4	Collect, organize, and display data in tables and charts to answer a question.
28	Get 3 At School and 5+ A Day	4.M.5.2.2	Grade 4	Display data in a bar graph using appropriate notation such as a title, axes labels, and reasonable scales.
28	Get 3 At School and 5+ A Day	5.M.5.2.1	Grade 5	Collect, organize, and display the data with appropriate notation in tables, charts, bar graphs, and line graphs.
4	Balancing Act	4.M.5.1.1	Grade 4	Read and interpret simple tables, charts, bar graphs, and line graphs.
4	Balancing Act	4.M.5.2.1	Grade 4	Collect, organize, and display data in tables and charts to answer a question.
4	Balancing Act	5.M.5.1.1	Grade 5	Read and interpret tables, charts, bar graphs, and line graphs.
4	Balancing Act	5.M.5.2.1	Grade 5	

				Collect, organize, and display the data with appropriate notation in tables, charts, bar graphs, and line graphs.
5	Fast-Food Frenzy	4.M.5.1.1	Grade 4	Read and interpret simple tables, charts, bar graphs, and line graphs.
5	Fast-Food Frenzy	5.M.5.1.1	Grade 5	Read and interpret tables, charts, bar graphs, and line graphs.
Idaho > Content Standards > Language Arts (2006)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	4.LA.2.2.3	Grade 4	Identify main ideas and signal words to summarize information from expository text.
1	Healthy Living	5.LA.2.2.3	Grade 5	Apply central ideas and signal words to summarize information from expository text.
19	Snack Decisions	4.LA.1.6.1	Grade 4	Use context clues to aid in decoding of new words.
19	Snack Decisions	4.LA.1.8.2	Grade 4	Use context, synonyms, antonyms, homophones and homographs to develop an understanding of new words.
19	Snack Decisions	4.LA.2.2.3	Grade 4	Identify main ideas and signal words to summarize information from expository text.
19	Snack Decisions	4.LA.4.3.1	Grade 4	Write a persuasive letter that states and supports a position.
19	Snack Decisions	5.LA.1.6.1	Grade 5	Use context clues to aid in decoding of new words.
19	Snack Decisions	5.LA.1.8.2	Grade 5	Use context to identify the meaning of unfamiliar words and identify the intended meaning of words with multiple meanings.
19	Snack Decisions	5.LA.2.2.3	Grade 5	Apply central ideas and signal words to summarize information from expository text.
19	Snack Decisions	5.LA.4.3.1	Grade 5	Write a persuasive letter or composition that states and supports a position.
24	Breakfast Bonanza	4.LA.1.6.1	Grade 4	Use context clues to aid in decoding of new words.

24	Breakfast Bonanza	4.LA.1.8.2	Grade 4	Use context, synonyms, antonyms, homophones and homographs to develop an understanding of new words.
24	Breakfast Bonanza	4.LA.2.2.3	Grade 4	Identify main ideas and signal words to summarize information from expository text.
24	Breakfast Bonanza	5.LA.1.6.1	Grade 5	Use context clues to aid in decoding of new words.
24	Breakfast Bonanza	5.LA.1.8.2	Grade 5	Use context to identify the meaning of unfamiliar words and identify the intended meaning of words with multiple meanings.
24	Breakfast Bonanza	5.LA.2.2.3	Grade 5	Apply central ideas and signal words to summarize information from expository text.
27	Freeze My TV	5.LA.6.3.2	Grade 5	Demonstrate understanding of graphics, pictures, and charts, appropriate to grade level.
3	The Safe Workout: An Introduction	4.LA.1.2.3	Grade 4	Identify and use graphic features that support text meaning (e.g., diagrams, maps, charts, illustrations).
3	The Safe Workout: An Introduction	5.LA.1.2.3	Grade 5	Use the features of texts, such as formats, graphics diagrams, illustrations, charts, maps, and organization to find information and support understanding.
3	The Safe Workout: An Introduction	5.LA.6.3.2	Grade 5	Demonstrate understanding of graphics, pictures, and charts, appropriate to grade level.
4	Balancing Act	4.LA.1.2.3	Grade 4	Identify and use graphic features that support text meaning (e.g., diagrams, maps, charts, illustrations).
4	Balancing Act	4.LA.6.3.2	Grade 4	Demonstrate understanding of graphics, pictures, and charts appropriate to grade level.
4	Balancing Act	5.LA.1.2.3	Grade 5	Use the features of texts, such as formats, graphics diagrams, illustrations, charts, maps, and organization to find information and support understanding.
4	Balancing Act	5.LA.6.3.2	Grade 5	Demonstrate understanding of graphics, pictures, and charts, appropriate to grade level.
5	Fast-Food Frenzy	4.LA.2.2.3	Grade 4	

				Identify main ideas and signal words to summarize information from expository text.
5	Fast-Food Frenzy	5.LA.2.2.3	Grade 5	Apply central ideas and signal words to summarize information from expository text.
5	Fast-Food Frenzy	5.LA.6.3.2	Grade 5	Demonstrate understanding of graphics, pictures, and charts, appropriate to grade level.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5.LA.6.3.2	Grade 5	Demonstrate understanding of graphics, pictures, and charts, appropriate to grade level.
9	Prime-Time Smartness	4.LA.1.6.1	Grade 4	Use context clues to aid in decoding of new words.
9	Prime-Time Smartness	4.LA.1.8.2	Grade 4	Use context, synonyms, antonyms, homophones and homographs to develop an understanding of new words.
9	Prime-Time Smartness	4.LA.4.4.1	Grade 4	Write a response that identifies a text to self, text to world, and/or text to text connection.
9	Prime-Time Smartness	4.LA.4.4.2	Grade 4	Write or draw a response to a literature selection that identifies the plot.
9	Prime-Time Smartness	5.LA.1.6.1	Grade 5	Use context clues to aid in decoding of new words.
9	Prime-Time Smartness	5.LA.1.8.2	Grade 5	Use context to identify the meaning of unfamiliar words and identify the intended meaning of words with multiple meanings.
9	Prime-Time Smartness	5.LA.4.4.1	Grade 5	Write a response that identifies a text to self, text to world, and/or text to text connection.
9	Prime-Time Smartness	5.LA.4.4.2	Grade 5	Write responses to literature that include comments about the plot.
Idaho > Content Standards > Health (2006)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	4.H.1.1.1	Grade 4	

				Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
1	Healthy Living	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
1	Healthy Living	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
1	Healthy Living	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
10	Chain Five	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
10	Chain Five	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
10	Chain Five	4.H.2.1.1	Grade 4	Describe the healthy living habits that can reduce the risk of illness and injury.
10	Chain Five	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
10	Chain Five	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
10	Chain Five	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
10	Chain Five	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
10	Chain Five	5.H.4.1.3	Grade 5	Describe community factors that promote wellness, safety, and disease prevention.
11	Alphabet Fruit (and Vegetables)	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
11	Alphabet Fruit (and Vegetables)	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
11	Alphabet Fruit (and Vegetables)	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
11	Alphabet Fruit (and Vegetables)	5.H.4.1.2	Grade 5	

				List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
12	Brilliant Breakfast	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
12	Brilliant Breakfast	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
13	Fitness Walking	4.H.5.1.2	Grade 4	Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities.
13	Fitness Walking	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
13	Fitness Walking	5.H.1.1.8	Grade 5	Identify environmental health issues and their relationship to a healthy lifestyle.
13	Fitness Walking	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
13	Fitness Walking	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
14	Healthy Living, Healthy Eating	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
14	Healthy Living, Healthy Eating	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
14	Healthy Living, Healthy Eating	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
14	Healthy Living, Healthy Eating	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
15	Keeping the Balance	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
15	Keeping the Balance	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
15	Keeping the Balance	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
15	Keeping the Balance	5.H.1.1.1	Grade 5	

				Explain the importance of an active lifestyle leading to life-long health.
15	Keeping the Balance	5.H.1.1.4	Grade 5	Identify emotions that accompany physical growth and development.
15	Keeping the Balance	5.H.1.1.7	Grade 5	Recognize factors that affect growth and development.
15	Keeping the Balance	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
15	Keeping the Balance	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
15	Keeping the Balance	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
16	The Safe Workout: A Review	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
16	The Safe Workout: A Review	4.H.3.1.2	Grade 4	Demonstrate refusal and decision-making skills as they relate to substance use and abuse.
16	The Safe Workout: A Review	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
16	The Safe Workout: A Review	4.H.5.1.5	Grade 4	Identify ways to avoid negative social influences and pressures to use alcohol, tobacco, and other drugs.
16	The Safe Workout: A Review	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
16	The Safe Workout: A Review	5.H.1.1.4	Grade 5	Identify emotions that accompany physical growth and development.
16	The Safe Workout: A Review	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
16	The Safe Workout: A Review	5.H.1.1.7	Grade 5	Recognize factors that affect growth and development.
16	The Safe Workout: A Review	5.H.2.1.3	Grade 5	Identify strategies for resisting substance abuse.
16	The Safe Workout: A Review	5.H.3.1.2	Grade 5	

				Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse.
16	The Safe Workout: A Review	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
16	The Safe Workout: A Review	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
17	Hunting for Hidden Fat	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
17	Hunting for Hidden Fat	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
18	Beverage Buzz: Sack the Sugar	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
18	Beverage Buzz: Sack the Sugar	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
18	Beverage Buzz: Sack the Sugar	5.H.1.1.4	Grade 5	Identify emotions that accompany physical growth and development.
18	Beverage Buzz: Sack the Sugar	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
18	Beverage Buzz: Sack the Sugar	5.H.1.1.7	Grade 5	Recognize factors that affect growth and development.
19	Snack Decisions	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
19	Snack Decisions	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
19	Snack Decisions	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
19	Snack Decisions	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
2	Carb Smart	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
2	Carb Smart	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
2	Carb Smart	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
20	Snacking and Inactivity	4.H.1.1.1	Grade 4	

				Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
20	Snacking and Inactivity	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
20	Snacking and Inactivity	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
20	Snacking and Inactivity	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
20	Snacking and Inactivity	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
20	Snacking and Inactivity	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
20	Snacking and Inactivity	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
21	Freeze My TV	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
21	Freeze My TV	4.H.1.1.8	Grade 4	Describe the role families and friends have in affecting our health.
21	Freeze My TV	4.H.5.1.2	Grade 4	Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities.
21	Freeze My TV	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
21	Freeze My TV	5.H.1.1.8	Grade 5	Identify environmental health issues and their relationship to a healthy lifestyle.
21	Freeze My TV	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
21	Freeze My TV	5.H.2.1.4	Grade 5	Explain the impact of risky behaviors on personal and family health.
21	Freeze My TV	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.

22	Menu Monitoring	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
22	Menu Monitoring	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
22	Menu Monitoring	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
22	Menu Monitoring	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
22	Menu Monitoring	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
23	Veggiemania	4.H.5.1.2	Grade 4	Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities.
23	Veggiemania	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
23	Veggiemania	5.H.1.1.8	Grade 5	Identify environmental health issues and their relationship to a healthy lifestyle.
23	Veggiemania	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
24	Breakfast Bonanza	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
24	Breakfast Bonanza	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
24	Breakfast Bonanza	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
26	Fitness Walking	4.H.5.1.2	Grade 4	

				Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities.
26	Fitness Walking	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
26	Fitness Walking	5.H.1.1.8	Grade 5	Identify environmental health issues and their relationship to a healthy lifestyle.
26	Fitness Walking	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
26	Fitness Walking	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
27	Freeze My TV	4.H.1.1.8	Grade 4	Describe the role families and friends have in affecting our health.
27	Freeze My TV	4.H.2.1.3	Grade 4	Identify high-risk situations and behaviors that pose a risk to one's self and others.
27	Freeze My TV	4.H.2.1.4	Grade 4	Identify the impact of risky behaviors on personal and family health.
27	Freeze My TV	4.H.5.1.2	Grade 4	Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities.
27	Freeze My TV	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
27	Freeze My TV	5.H.1.1.8	Grade 5	Identify environmental health issues and their relationship to a healthy lifestyle.
27	Freeze My TV	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
27	Freeze My TV	5.H.2.1.4	Grade 5	Explain the impact of risky behaviors on personal and family health.
27	Freeze My TV	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
28	Get 3 At School and 5+ A Day	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.

29	Class Walking Clubs	4.H.5.1.2	Grade 4	Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities.
29	Class Walking Clubs	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
29	Class Walking Clubs	5.H.1.1.8	Grade 5	Identify environmental health issues and their relationship to a healthy lifestyle.
29	Class Walking Clubs	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
29	Class Walking Clubs	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
3	The Safe Workout: An Introduction	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
3	The Safe Workout: An Introduction	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
3	The Safe Workout: An Introduction	4.H.3.1.2	Grade 4	Demonstrate refusal and decision-making skills as they relate to substance use and abuse.
3	The Safe Workout: An Introduction	4.H.5.1.5	Grade 4	Identify ways to avoid negative social influences and pressures to use alcohol, tobacco, and other drugs.
3	The Safe Workout: An Introduction	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
3	The Safe Workout: An Introduction	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
3	The Safe Workout: An Introduction	5.H.2.1.1	Grade 5	Evaluate healthy living habits that can reduce the risk of illness and injury.
3	The Safe Workout: An Introduction	5.H.2.1.3	Grade 5	Identify strategies for resisting substance abuse.
3	The Safe Workout: An Introduction	5.H.3.1.2	Grade 5	Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse.

3	The Safe Workout: An Introduction	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
3	The Safe Workout: An Introduction	5.H.5.1.5	Grade 5	Identify behaviors that influence the use of alcohol, tobacco, and other drugs.
30	Tour de Health	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
30	Tour de Health	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
30	Tour de Health	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
30	Tour de Health	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
30	Tour de Health	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
30	Tour de Health	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
4	Balancing Act	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
4	Balancing Act	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
4	Balancing Act	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
4	Balancing Act	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
5	Fast-Food Frenzy	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
5	Fast-Food Frenzy	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
5	Fast-Food Frenzy	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.

5	Fast-Food Frenzy	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
5	Fast-Food Frenzy	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
6	Snack Attack	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
6	Snack Attack	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
7	Sugar Water: Think About Your Drink	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
7	Sugar Water: Think About Your Drink	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
7	Sugar Water: Think About Your Drink	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
7	Sugar Water: Think About Your Drink	5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.
7	Sugar Water: Think About Your Drink	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.H.1.1.1	Grade 4	Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.H.1.1.6	Grade 4	Identify the nutritional benefits of different foods.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.H.4.1.2	Grade 4	Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5.H.1.1.1	Grade 5	Explain the importance of an active lifestyle leading to life-long health.
8		5.H.1.1.6	Grade 5	Identify the strategies for developing healthy eating habits.

	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind			
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5.H.4.1.2	Grade 5	List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5.H.5.1.3	Grade 5	Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.
9	Prime-Time Smartness	4.H.1.1.8	Grade 4	Describe the role families and friends have in affecting our health.
9	Prime-Time Smartness	4.H.4.1.3	Grade 4	Identify the different community agencies that promote the health and wellbeing of personal environment.
9	Prime-Time Smartness	4.H.5.1.2	Grade 4	Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities.
Idaho > Content Standards > Science (2006)				
Lesson	Title	State ID	Grade Descr	State Text
27	Freeze My TV	4.S.1.2.1	Grade 4	Make and record observations then analyze and communicate the collected data.
27	Freeze My TV	4.S.1.6.3	Grade 4	Use appropriate tools and techniques to gather and display data.
27	Freeze My TV	5.S.1.6.3	Grade 5	Select and use appropriate tools and techniques to gather and display data.
Idaho > Content Standards > Social Studies (2006)				
Lesson	Title	State ID	Grade Descr	State Text

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