

North Carolina > Standard Course of Study > Mathematics (2003)				
Lesson	Title	State ID	Grade Descr	State Text
15	Keeping the Balance	a	Grade 4	Develop and analyze strategies for adding and subtracting numbers.
15	Keeping the Balance	a	Grade 5	Develop and analyze strategies for adding and subtracting numbers.
27	Freeze My TV	4.01	Grade 4	Collect, organize, analyze, and display data (including line graphs and bar graphs) to solve problems.
27	Freeze My TV	4.03	Grade 4	Solve problems by comparing two sets of related data.
27	Freeze My TV	4.01	Grade 5	Collect, organize, analyze, and display data (including stem-and-leaf plots) to solve problems.
27	Freeze My TV	4.02	Grade 5	Compare and contrast different representations of the same data; discuss the effectiveness of each representation.
28	Get 3 At School and 5+ A Day	4.01	Grade 4	Collect, organize, analyze, and display data (including line graphs and bar graphs) to solve problems.
28	Get 3 At School and 5+ A Day	4.01	Grade 5	Collect, organize, analyze, and display data (including stem-and-leaf plots) to solve problems.
28	Get 3 At School and 5+ A Day	4.02	Grade 5	Compare and contrast different representations of the same data; discuss the effectiveness of each representation.
North Carolina > Standard Course of Study > Healthful Living (2001)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
1	Healthy Living	5.04	Grade 4	

				Analyze how media images of food choices and eating behaviors may be unhealthy.
1	Healthy Living	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
1	Healthy Living	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
1	Healthy Living	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
1	Healthy Living	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
1	Healthy Living	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
10	Chain Five	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
10	Chain Five	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
10	Chain Five	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
10	Chain Five	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
10	Chain Five	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
10	Chain Five	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
10	Chain Five	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
11	Alphabet Fruit (and Vegetables)	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
11	Alphabet Fruit (and Vegetables)	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
11	Alphabet Fruit (and Vegetables)	5.02	Grade 5	

				Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
11	Alphabet Fruit (and Vegetables)	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
12	Brilliant Breakfast	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
12	Brilliant Breakfast	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
12	Brilliant Breakfast	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
12	Brilliant Breakfast	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
12	Brilliant Breakfast	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
12	Brilliant Breakfast	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
13	Fitness Walking	2.01	Grade 4	Associate personal behaviors with universal standards.
13	Fitness Walking	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
13	Fitness Walking	7.03	Grade 4	Identify several activities related to each component of physical fitness.
13	Fitness Walking	1.02	Grade 5	Assume responsibility for own health.
13	Fitness Walking	1.05	Grade 5	List personal benefits of a healthful lifestyle.
13	Fitness Walking	8.01	Grade 5	Identify personal activity interests and abilities.
14	Healthy Living, Healthy Eating	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
14	Healthy Living, Healthy Eating	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
14	Healthy Living, Healthy Eating	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.

14	Healthy Living, Healthy Eating	7.03	Grade 4	Identify several activities related to each component of physical fitness.
14	Healthy Living, Healthy Eating	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
14	Healthy Living, Healthy Eating	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
14	Healthy Living, Healthy Eating	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
14	Healthy Living, Healthy Eating	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
14	Healthy Living, Healthy Eating	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
15	Keeping the Balance	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
15	Keeping the Balance	7.03	Grade 4	Identify several activities related to each component of physical fitness.
15	Keeping the Balance	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
16	The Safe Workout: A Review	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
16	The Safe Workout: A Review	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
16	The Safe Workout: A Review	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
16	The Safe Workout: A Review	7.03	Grade 4	Identify several activities related to each component of physical fitness.
16	The Safe Workout: A Review	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
16	The Safe Workout: A Review	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
16	The Safe Workout: A Review	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
16	The Safe Workout: A Review	5.03	Grade 5	

				Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
16	The Safe Workout: A Review	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
16	The Safe Workout: A Review	6.01	Grade 5	Explain motivations for drug use and healthful alternatives.
17	Hunting for Hidden Fat	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
17	Hunting for Hidden Fat	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
17	Hunting for Hidden Fat	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
17	Hunting for Hidden Fat	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
17	Hunting for Hidden Fat	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
17	Hunting for Hidden Fat	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
18	Beverage Buzz: Sack the Sugar	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
18	Beverage Buzz: Sack the Sugar	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
18	Beverage Buzz: Sack the Sugar	5.05	Grade 4	Contrast dangers of dieting with healthy weight management.
18	Beverage Buzz: Sack the Sugar	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
18	Beverage Buzz: Sack the Sugar	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
18	Beverage Buzz: Sack the Sugar	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
18	Beverage Buzz: Sack the Sugar	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
19	Snack Decisions	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.

19	Snack Decisions	5.03	Grade 4	Explore how the media can influence perception of a desirable body size and shape.
19	Snack Decisions	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
19	Snack Decisions	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
19	Snack Decisions	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
19	Snack Decisions	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
19	Snack Decisions	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
2	Carb Smart	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
2	Carb Smart	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
2	Carb Smart	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
2	Carb Smart	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
2	Carb Smart	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
2	Carb Smart	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
20	Snacking and Inactivity	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
20	Snacking and Inactivity	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
20	Snacking and Inactivity	7.03	Grade 4	Identify several activities related to each component of physical fitness.
20	Snacking and Inactivity	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.

20	Snacking and Inactivity	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
20	Snacking and Inactivity	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
20	Snacking and Inactivity	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
21	Freeze My TV	2.01	Grade 4	Associate personal behaviors with universal standards.
21	Freeze My TV	5.05	Grade 4	Contrast dangers of dieting with healthy weight management.
21	Freeze My TV	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
21	Freeze My TV	7.03	Grade 4	Identify several activities related to each component of physical fitness.
21	Freeze My TV	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
21	Freeze My TV	1.02	Grade 5	Assume responsibility for own health.
21	Freeze My TV	1.05	Grade 5	List personal benefits of a healthful lifestyle.
22	Menu Monitoring	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
22	Menu Monitoring	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
22	Menu Monitoring	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
22	Menu Monitoring	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
22	Menu Monitoring	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
22	Menu Monitoring	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
22	Menu Monitoring	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.

23	Veggiemania	2.01	Grade 4	Associate personal behaviors with universal standards.
23	Veggiemania	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
23	Veggiemania	1.02	Grade 5	Assume responsibility for own health.
23	Veggiemania	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
23	Veggiemania	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
24	Breakfast Bonanza	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
24	Breakfast Bonanza	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
24	Breakfast Bonanza	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
24	Breakfast Bonanza	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
24	Breakfast Bonanza	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
24	Breakfast Bonanza	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
24	Breakfast Bonanza	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.02	Grade 4	Describe the implications of geography, ethnicity, and religion on food choices.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.

25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
26	Fitness Walking	2.01	Grade 4	Associate personal behaviors with universal standards.
26	Fitness Walking	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
26	Fitness Walking	7.03	Grade 4	Identify several activities related to each component of physical fitness.
26	Fitness Walking	1.02	Grade 5	Assume responsibility for own health.
26	Fitness Walking	1.05	Grade 5	List personal benefits of a healthful lifestyle.
27	Freeze My TV	1.03	Grade 4	Use modeling of another's behavior as a strategy to reach a personal health goal.
27	Freeze My TV	2.01	Grade 4	Associate personal behaviors with universal standards.
27	Freeze My TV	5.05	Grade 4	Contrast dangers of dieting with healthy weight management.
27	Freeze My TV	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
27	Freeze My TV	7.03	Grade 4	Identify several activities related to each component of physical fitness.
27	Freeze My TV	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
27	Freeze My TV	1.02	Grade 5	Assume responsibility for own health.
27	Freeze My TV	1.05	Grade 5	List personal benefits of a healthful lifestyle.
28	Get 3 At School and 5+ A Day	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
28	Get 3 At School and 5+ A Day	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.

28	Get 3 At School and 5+ A Day	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
28	Get 3 At School and 5+ A Day	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
28	Get 3 At School and 5+ A Day	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
29	Class Walking Clubs	2.01	Grade 4	Associate personal behaviors with universal standards.
29	Class Walking Clubs	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
29	Class Walking Clubs	7.03	Grade 4	Identify several activities related to each component of physical fitness.
29	Class Walking Clubs	1.02	Grade 5	Assume responsibility for own health.
29	Class Walking Clubs	1.05	Grade 5	List personal benefits of a healthful lifestyle.
3	The Safe Workout: An Introduction	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
3	The Safe Workout: An Introduction	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
3	The Safe Workout: An Introduction	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
3	The Safe Workout: An Introduction	7.03	Grade 4	Identify several activities related to each component of physical fitness.
3	The Safe Workout: An Introduction	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
3	The Safe Workout: An Introduction	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
3	The Safe Workout: An Introduction	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
3	The Safe Workout: An Introduction	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
3	The Safe Workout: An Introduction	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.

30	Tour de Health	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
30	Tour de Health	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
30	Tour de Health	7.03	Grade 4	Identify several activities related to each component of physical fitness.
30	Tour de Health	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
30	Tour de Health	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
30	Tour de Health	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
4	Balancing Act	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
4	Balancing Act	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
4	Balancing Act	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
4	Balancing Act	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
4	Balancing Act	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
4	Balancing Act	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
5	Fast-Food Frenzy	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
5	Fast-Food Frenzy	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
5	Fast-Food Frenzy	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
5	Fast-Food Frenzy	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.

6	Snack Attack	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
6	Snack Attack	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
6	Snack Attack	5.05	Grade 4	Contrast dangers of dieting with healthy weight management.
6	Snack Attack	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
6	Snack Attack	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
6	Snack Attack	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
6	Snack Attack	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
7	Sugar Water: Think About Your Drink	5.01	Grade 4	Compare different types of Food Guide Pyramids, including ethnic and vegetarian options.
7	Sugar Water: Think About Your Drink	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
7	Sugar Water: Think About Your Drink	5.05	Grade 4	Contrast dangers of dieting with healthy weight management.
7	Sugar Water: Think About Your Drink	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
7	Sugar Water: Think About Your Drink	5.01	Grade 5	Describe how combination foods fit in the Food Guide Pyramid.
7	Sugar Water: Think About Your Drink	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
7	Sugar Water: Think About Your Drink	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
7	Sugar Water: Think About Your Drink	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.

8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	7.02	Grade 4	Name the benefits derived from participation in a physical fitness program.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	7.03	Grade 4	Identify several activities related to each component of physical fitness.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	7.04	Grade 4	Analyze the relationship between nutrition and exercise in weight management.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5.02	Grade 5	Demonstrate how personal food and beverage choices fit in the Food Guide Pyramid.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5.03	Grade 5	Plan, select and prepare healthful meals and snacks that emphasize the principles of the Food Guide Pyramid.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5.07	Grade 5	Distinguish between healthy and unhealthy patterns of eating.
9	Prime-Time Smartness	5.03	Grade 4	Explore how the media can influence perception of a desirable body size and shape.
9	Prime-Time Smartness	5.04	Grade 4	Analyze how media images of food choices and eating behaviors may be unhealthy.
North Carolina > Standard Course of Study > Computer/Technology Skills (2004)				
Lesson	Title	State ID	Grade Descr	State Text
North Carolina > Standard Course of Study > Science (2004)				
Lesson	Title	State ID	Grade Descr	State Text

2	Carb Smart	4.03	Grade 4	Discuss how foods provide both energy and nutrients for living organisms.
2	Carb Smart		Grade 4	Proteins
30	Tour de Health	4.03	Grade 4	Discuss how foods provide both energy and nutrients for living organisms.
4	Balancing Act	4.03	Grade 4	Discuss how foods provide both energy and nutrients for living organisms.
4	Balancing Act	4.04	Grade 4	Identify starches and sugars as carbohydrates.
5	Fast-Food Frenzy	4.02	Grade 4	Show how calories can be used to compare the chemical energy of different foods.
6	Snack Attack	4.03	Grade 4	Discuss how foods provide both energy and nutrients for living organisms.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.03	Grade 4	Discuss how foods provide both energy and nutrients for living organisms.
North Carolina > Standard Course of Study > English Language Arts (2004)				
Lesson	Title	State ID	Grade Descr	State Text
10	Chain Five		Fourth Grade	discussions.
10	Chain Five		Fourth Grade	discuss.
10	Chain Five		Fifth Grade	discussions.
11	Alphabet Fruit (and Vegetables)		Fourth Grade	discussions.

11	Alphabet Fruit (and Vegetables)		Fourth Grade	discuss.
11	Alphabet Fruit (and Vegetables)		Fourth Grade	solve problems.
11	Alphabet Fruit (and Vegetables)		Fifth Grade	discussions.
13	Fitness Walking		Fourth Grade	discussions.
13	Fitness Walking		Fourth Grade	discuss.
13	Fitness Walking		Fourth Grade	solve problems.
13	Fitness Walking		Fifth Grade	discussions.
14	Healthy Living, Healthy Eating		Fourth Grade	discussions.
14	Healthy Living, Healthy Eating		Fourth Grade	discuss.
14	Healthy Living, Healthy Eating		Fourth Grade	solve problems.
14	Healthy Living, Healthy Eating		Fifth Grade	discussions.
15	Keeping the Balance		Fourth Grade	discussions.
15	Keeping the Balance		Fourth Grade	discuss.
15	Keeping the Balance		Fourth Grade	solve problems.

15	Keeping the Balance		Fifth Grade	discussions.
16	The Safe Workout: A Review		Fourth Grade	discussions.
16	The Safe Workout: A Review		Fourth Grade	discuss.
16	The Safe Workout: A Review		Fourth Grade	solve problems.
16	The Safe Workout: A Review		Fifth Grade	discussions.
17	Hunting for Hidden Fat		Fourth Grade	discussions.
17	Hunting for Hidden Fat		Fourth Grade	discuss.
17	Hunting for Hidden Fat		Fourth Grade	solve problems.
17	Hunting for Hidden Fat		Fifth Grade	discussions.
18	Beverage Buzz: Sack the Sugar		Fourth Grade	discussions.
18	Beverage Buzz: Sack the Sugar		Fourth Grade	discuss.
18	Beverage Buzz: Sack the Sugar		Fourth Grade	solve problems.
18	Beverage Buzz: Sack the Sugar		Fifth Grade	discussions.
19	Snack Decisions		Fourth Grade	discussions.

19	Snack Decisions		Fourth Grade	main idea and supporting details.
19	Snack Decisions		Fourth Grade	discuss.
19	Snack Decisions		Fourth Grade	solve problems.
19	Snack Decisions	4.04	Fourth Grade	Share self-selected texts from a variety of genres (e.g., poetry, letters, narratives, essays, presentations).
19	Snack Decisions		Fifth Grade	discussions.
20	Snacking and Inactivity		Fourth Grade	discussions.
20	Snacking and Inactivity		Fourth Grade	discuss.
20	Snacking and Inactivity		Fourth Grade	solve problems.
20	Snacking and Inactivity		Fifth Grade	discussions.
21	Freeze My TV		Fourth Grade	discussions.
21	Freeze My TV		Fourth Grade	discuss.
21	Freeze My TV		Fourth Grade	solve problems.
21	Freeze My TV		Fifth Grade	discussions.
22	Menu Monitoring		Fourth Grade	discussions.

22	Menu Monitoring		Fourth Grade	discuss.
22	Menu Monitoring		Fourth Grade	solve problems.
22	Menu Monitoring		Fifth Grade	discussions.
23	Veggiemania		Fourth Grade	discussions.
23	Veggiemania		Fourth Grade	discuss.
23	Veggiemania		Fourth Grade	solve problems.
23	Veggiemania		Fifth Grade	discussions.
24	Breakfast Bonanza		Fourth Grade	discussions.
24	Breakfast Bonanza		Fourth Grade	main idea and supporting details.
24	Breakfast Bonanza		Fourth Grade	discuss.
24	Breakfast Bonanza		Fifth Grade	discussions.
26	Fitness Walking		Fourth Grade	discussions.
26	Fitness Walking		Fourth Grade	discuss.
26	Fitness Walking		Fourth Grade	solve problems.

26	Fitness Walking		Fifth Grade	discussions.
27	Freeze My TV		Fourth Grade	discussions.
27	Freeze My TV		Fourth Grade	discuss.
27	Freeze My TV		Fourth Grade	solve problems.
27	Freeze My TV		Fifth Grade	discussions.
4	Balancing Act		Fourth Grade	discussions.
4	Balancing Act		Fourth Grade	discuss.
4	Balancing Act		Fourth Grade	solve problems.
4	Balancing Act		Fifth Grade	discussions.
6	Snack Attack		Fourth Grade	discussions.
6	Snack Attack		Fourth Grade	discuss.
6	Snack Attack		Fourth Grade	solve problems.
6	Snack Attack	4.04	Fourth Grade	Share self-selected texts from a variety of genres (e.g., poetry, letters, narratives, essays, presentations).
6	Snack Attack		Fifth Grade	discussions.

7	Sugar Water: Think About Your Drink		Fourth Grade	discussions.
7	Sugar Water: Think About Your Drink		Fourth Grade	discuss.
7	Sugar Water: Think About Your Drink		Fourth Grade	solve problems.
7	Sugar Water: Think About Your Drink	4.04	Fourth Grade	Share self-selected texts from a variety of genres (e.g., poetry, letters, narratives, essays, presentations).
7	Sugar Water: Think About Your Drink		Fifth Grade	discussions.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Fourth Grade	discussions.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Fourth Grade	discuss.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Fourth Grade	solve problems.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		Fifth Grade	discussions.
9	Prime-Time Smartness		Fourth Grade	discussions.
9	Prime-Time Smartness	3.03	Fourth Grade	Consider the ways language and visuals bring characters to life, enhance plot development, and produce a response.
9	Prime-Time Smartness		Fourth Grade	discuss.
9	Prime-Time Smartness		Fourth Grade	solve problems.
9	Prime-Time Smartness	4.04	Fourth Grade	Share self-selected texts from a variety of genres (e.g., poetry, letters, narratives, essays, presentations).

9	Prime-Time Smartness		Fifth Grade	discussions.
9	Prime-Time Smartness		Fifth Grade	creating and presenting a product that effectively demonstrates a personal response to a selection or experience.
North Carolina > Standard Course of Study > Healthful Living (2006)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
1	Healthy Living	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
1	Healthy Living	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
1	Healthy Living	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
1	Healthy Living	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
1	Healthy Living	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
1	Healthy Living	4.03	Grade 5	Recognize the social significance of food in families and cultures.
1	Healthy Living	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
10	Chain Five	2.01	Grade 4	Identify problems associated with and measures to control common childhood diseases or conditions such as asthma, allergies, diabetes, and epilepsy.
10	Chain Five	4.03	Grade 4	Utilize the basic information on food labels to make decisions about the nutritional value of various foods.

10	Chain Five	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
10	Chain Five	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
10	Chain Five	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
10	Chain Five	4.10	Grade 4	Analyze the relationship between physical activity and nutrition and the cardiovascular system.
10	Chain Five	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
10	Chain Five	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
10	Chain Five	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
10	Chain Five	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
11	Alphabet Fruit (and Vegetables)	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
11	Alphabet Fruit (and Vegetables)	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
11	Alphabet Fruit (and Vegetables)	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
11	Alphabet Fruit (and Vegetables)	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
11	Alphabet Fruit (and Vegetables)	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
11	Alphabet Fruit (and Vegetables)	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
11	Alphabet Fruit (and Vegetables)	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
12	Brilliant Breakfast	4.04	Grade 4	

				Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
12	Brilliant Breakfast	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
12	Brilliant Breakfast	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
12	Brilliant Breakfast	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
12	Brilliant Breakfast	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
12	Brilliant Breakfast	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
13	Fitness Walking	1.03	Grade 4	Compare and contrast positive and negative strategies for handling stress.
13	Fitness Walking	2.01	Grade 5	Define personal values and predict how values can affect health behavior.
13	Fitness Walking	5.02	Grade 5	Explain reasons why individuals choose not to use alcohol.
14	Healthy Living, Healthy Eating	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
14	Healthy Living, Healthy Eating	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
14	Healthy Living, Healthy Eating	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
14	Healthy Living, Healthy Eating	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
14	Healthy Living, Healthy Eating	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
14	Healthy Living, Healthy Eating	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
14	Healthy Living, Healthy Eating	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
15	Keeping the Balance	4.07	Grade 4	Evaluate the benefits of drinking plenty of water, especially before and after physical activity.

15	Keeping the Balance	4.10	Grade 4	Analyze the relationship between physical activity and nutrition and the cardiovascular system.
15	Keeping the Balance	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
15	Keeping the Balance	2.02	Grade 5	Evaluate the importance of sleep and rest in relationship to proper growth and development.
15	Keeping the Balance	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
16	The Safe Workout: A Review	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
16	The Safe Workout: A Review	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
16	The Safe Workout: A Review	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
16	The Safe Workout: A Review	4.10	Grade 4	Analyze the relationship between physical activity and nutrition and the cardiovascular system.
16	The Safe Workout: A Review	5.03	Grade 4	Summarize motivations for drug use and create healthy alternatives.
16	The Safe Workout: A Review	5.04	Grade 4	Create rational counter-arguments for pressure to use drugs, alcohol, or tobacco products.
16	The Safe Workout: A Review	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
16	The Safe Workout: A Review	2.01	Grade 5	Define personal values and predict how values can affect health behavior.
16	The Safe Workout: A Review	2.02	Grade 5	Evaluate the importance of sleep and rest in relationship to proper growth and development.
16	The Safe Workout: A Review	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
16	The Safe Workout: A Review	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
16	The Safe Workout: A Review	4.04	Grade 5	

				Analyze how media images of food choices and eating behaviors may be unhealthy.
17	Hunting for Hidden Fat	4.03	Grade 4	Utilize the basic information on food labels to make decisions about the nutritional value of various foods.
17	Hunting for Hidden Fat	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
17	Hunting for Hidden Fat	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
17	Hunting for Hidden Fat	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
17	Hunting for Hidden Fat	4.10	Grade 4	Analyze the relationship between physical activity and nutrition and the cardiovascular system.
17	Hunting for Hidden Fat	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
17	Hunting for Hidden Fat	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
17	Hunting for Hidden Fat	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
18	Beverage Buzz: Sack the Sugar	4.03	Grade 4	Utilize the basic information on food labels to make decisions about the nutritional value of various foods.
18	Beverage Buzz: Sack the Sugar	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
18	Beverage Buzz: Sack the Sugar	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
18	Beverage Buzz: Sack the Sugar	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
18	Beverage Buzz: Sack the Sugar	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
18	Beverage Buzz: Sack the Sugar	2.02	Grade 5	Evaluate the importance of sleep and rest in relationship to proper growth and development.
18	Beverage Buzz: Sack the Sugar	4.01	Grade 5	

				Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
18	Beverage Buzz: Sack the Sugar	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
18	Beverage Buzz: Sack the Sugar	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
18	Beverage Buzz: Sack the Sugar	4.06	Grade 5	Compare and contrast the dangers of dieting with healthy weight management.
19	Snack Decisions	2.10	Grade 4	Analyze techniques used in advertising health related products and services.
19	Snack Decisions	4.03	Grade 4	Utilize the basic information on food labels to make decisions about the nutritional value of various foods.
19	Snack Decisions	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
19	Snack Decisions	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
19	Snack Decisions	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
19	Snack Decisions	4.08	Grade 4	Provide examples of how the media and advertisers use persuasive techniques to influence food purchasing decisions.
19	Snack Decisions	2.04	Grade 5	Analyze how media images can influence perception of a desirable body size and shape.
19	Snack Decisions	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
19	Snack Decisions	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
19	Snack Decisions	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
2	Carb Smart	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.

2	Carb Smart	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
2	Carb Smart	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
2	Carb Smart	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
2	Carb Smart	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
2	Carb Smart	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
20	Snacking and Inactivity	1.02	Grade 4	Predict physical and emotional reactions to stressful situations.
20	Snacking and Inactivity	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
20	Snacking and Inactivity	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
20	Snacking and Inactivity	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
20	Snacking and Inactivity	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
20	Snacking and Inactivity	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
20	Snacking and Inactivity	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
20	Snacking and Inactivity	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
21	Freeze My TV	1.03	Grade 4	Compare and contrast positive and negative strategies for handling stress.
21	Freeze My TV	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
21	Freeze My TV	2.01	Grade 5	Define personal values and predict how values can affect health behavior.
21	Freeze My TV	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.

21	Freeze My TV	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
21	Freeze My TV	4.06	Grade 5	Compare and contrast the dangers of dieting with healthy weight management.
21	Freeze My TV	5.02	Grade 5	Explain reasons why individuals choose not to use alcohol.
22	Menu Monitoring	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
22	Menu Monitoring	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
22	Menu Monitoring	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
22	Menu Monitoring	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
22	Menu Monitoring	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
22	Menu Monitoring	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
22	Menu Monitoring	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
23	Veggiemania	1.03	Grade 4	Compare and contrast positive and negative strategies for handling stress.
23	Veggiemania	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
23	Veggiemania	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
23	Veggiemania	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
23	Veggiemania	2.01	Grade 5	Define personal values and predict how values can affect health behavior.
23	Veggiemania	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
23	Veggiemania	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.

23	Veggiemania	5.02	Grade 5	Explain reasons why individuals choose not to use alcohol.
24	Breakfast Bonanza	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
24	Breakfast Bonanza	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
24	Breakfast Bonanza	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
24	Breakfast Bonanza	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
24	Breakfast Bonanza	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
24	Breakfast Bonanza	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4.03	Grade 5	Recognize the social significance of food in families and cultures.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
26	Fitness Walking	1.03	Grade 4	Compare and contrast positive and negative strategies for handling stress.
26	Fitness Walking	10.02	Grade 4	Chooses to participate cooperatively and productively in-group and individual physical activities.
26	Fitness Walking	2.01	Grade 5	Define personal values and predict how values can affect health behavior.

26	Fitness Walking	5.02	Grade 5	Explain reasons why individuals choose not to use alcohol.
26	Fitness Walking	9.01	Grade 5	Demonstrate elements of the FIT guidelines to develop personal cardiovascular fitness levels.
27	Freeze My TV	1.03	Grade 4	Compare and contrast positive and negative strategies for handling stress.
27	Freeze My TV	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
27	Freeze My TV	2.01	Grade 5	Define personal values and predict how values can affect health behavior.
27	Freeze My TV	4.06	Grade 5	Compare and contrast the dangers of dieting with healthy weight management.
27	Freeze My TV	5.02	Grade 5	Explain reasons why individuals choose not to use alcohol.
28	Get 3 At School and 5+ A Day	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
28	Get 3 At School and 5+ A Day	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
28	Get 3 At School and 5+ A Day	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
28	Get 3 At School and 5+ A Day	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
29	Class Walking Clubs	1.03	Grade 4	Compare and contrast positive and negative strategies for handling stress.
29	Class Walking Clubs	10.02	Grade 4	Chooses to participate cooperatively and productively in-group and individual physical activities.
29	Class Walking Clubs	2.01	Grade 5	Define personal values and predict how values can affect health behavior.
29	Class Walking Clubs	5.02	Grade 5	Explain reasons why individuals choose not to use alcohol.
29	Class Walking Clubs	9.01	Grade 5	Demonstrate elements of the FIT guidelines to develop personal cardiovascular fitness levels.
3	The Safe Workout: An Introduction	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
3	The Safe Workout: An Introduction	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.

3	The Safe Workout: An Introduction	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
3	The Safe Workout: An Introduction	5.03	Grade 4	Summarize motivations for drug use and create healthy alternatives.
3	The Safe Workout: An Introduction	5.04	Grade 4	Create rational counter-arguments for pressure to use drugs, alcohol, or tobacco products.
3	The Safe Workout: An Introduction	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
3	The Safe Workout: An Introduction	2.01	Grade 5	Define personal values and predict how values can affect health behavior.
3	The Safe Workout: An Introduction	2.02	Grade 5	Evaluate the importance of sleep and rest in relationship to proper growth and development.
3	The Safe Workout: An Introduction	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
3	The Safe Workout: An Introduction	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
3	The Safe Workout: An Introduction	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
3	The Safe Workout: An Introduction	5.02	Grade 5	Explain reasons why individuals choose not to use alcohol.
3	The Safe Workout: An Introduction	5.05	Grade 5	Demonstrate effective use of assertive refusal skills when declining alcohol, tobacco, and other drugs.
30	Tour de Health	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
30	Tour de Health	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
30	Tour de Health	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
30	Tour de Health	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
30	Tour de Health	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
30	Tour de Health	4.02	Grade 5	

				Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
30	Tour de Health	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
4	Balancing Act	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
4	Balancing Act	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
4	Balancing Act	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
4	Balancing Act	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
4	Balancing Act	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
4	Balancing Act	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
4	Balancing Act	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
5	Fast-Food Frenzy	4.03	Grade 4	Utilize the basic information on food labels to make decisions about the nutritional value of various foods.
5	Fast-Food Frenzy	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
5	Fast-Food Frenzy	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
5	Fast-Food Frenzy	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
5	Fast-Food Frenzy	4.10	Grade 4	Analyze the relationship between physical activity and nutrition and the cardiovascular system.
5	Fast-Food Frenzy	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
5	Fast-Food Frenzy	4.01	Grade 5	

				Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
5	Fast-Food Frenzy	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
5	Fast-Food Frenzy	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
6	Snack Attack	4.03	Grade 4	Utilize the basic information on food labels to make decisions about the nutritional value of various foods.
6	Snack Attack	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
6	Snack Attack	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
6	Snack Attack	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
6	Snack Attack	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
6	Snack Attack	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
6	Snack Attack	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
6	Snack Attack	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
6	Snack Attack	4.06	Grade 5	Compare and contrast the dangers of dieting with healthy weight management.
7	Sugar Water: Think About Your Drink	4.03	Grade 4	Utilize the basic information on food labels to make decisions about the nutritional value of various foods.
7	Sugar Water: Think About Your Drink	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
7	Sugar Water: Think About Your Drink	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.

7	Sugar Water: Think About Your Drink	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
7	Sugar Water: Think About Your Drink	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
7	Sugar Water: Think About Your Drink	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
7	Sugar Water: Think About Your Drink	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
7	Sugar Water: Think About Your Drink	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
7	Sugar Water: Think About Your Drink	4.06	Grade 5	Compare and contrast the dangers of dieting with healthy weight management.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.04	Grade 4	Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.05	Grade 4	Summarize the concept and the benefits of eating in moderation.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.06	Grade 4	Distinguish between healthy and unhealthy eating patterns.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	9.04	Grade 4	Recognize the relationship between healthy nutrition and exercise in weight management.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.01	Grade 5	Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.02	Grade 5	Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
9	Prime-Time Smartness	1.03	Grade 4	Compare and contrast positive and negative strategies for handling stress.
9	Prime-Time Smartness	2.10	Grade 4	

				Analyze techniques used in advertising health related products and services.
9	Prime-Time Smartness	4.08	Grade 4	Provide examples of how the media and advertisers use persuasive techniques to influence food purchasing decisions.
9	Prime-Time Smartness	2.01	Grade 5	Define personal values and predict how values can affect health behavior.
9	Prime-Time Smartness	2.04	Grade 5	Analyze how media images can influence perception of a desirable body size and shape.
9	Prime-Time Smartness	4.04	Grade 5	Analyze how media images of food choices and eating behaviors may be unhealthy.
9	Prime-Time Smartness	5.02	Grade 5	Explain reasons why individuals choose not to use alcohol.
North Carolina > Standard Course of Study > Social Studies (2002)				
Lesson	Title	State ID	Grade Descr	State Text
North Carolina > Concepts and Skills > Mathematics (2003)				
Lesson	Title	State ID	Grade Descr	State Text
17	Hunting for Hidden Fat		Grade 5	Bar graphs and stem-and-leaf plots
21	Freeze My TV		Grade 5	Bar graphs and stem-and-leaf plots
27	Freeze My TV		Grade 4	Line graphs
27	Freeze My TV		Grade 5	Bar graphs and stem-and-leaf plots
27	Freeze My TV		Grade 5	Line graphs
4	Balancing Act		Grade 4	Circle graphs

--	--	--	--	--