

New Jersey > Core Curriculum Content Standards > Science (2002)				
Lesson	Title	State ID	Grade Descr	State Text
21	Freeze My TV	1	Grades: 3-4	Use tables and graphs to represent and interpret data.
21	Freeze My TV		Grades: 5-6	graphs.
21	Freeze My TV	4	Grades: 5-6	Use computer spreadsheets, graphing and database applications to assist in quantitative analysis of data.
27	Freeze My TV	1	Grades: 3-4	Develop strategies and skills for information gathering and problem-solving, using appropriate tools and technologies.
27	Freeze My TV	1	Grades: 3-4	Use tables and graphs to represent and interpret data.
27	Freeze My TV	3	Grades: 5-6	Collect, organize, and interpret the data that result from experiments.
27	Freeze My TV		Grades: 5-6	graphs.
27	Freeze My TV	3	Grades: 5-6	Construct and use a graph of experimental data to draw a line of best fit and identify a linear relationship between variables when appropriate.
27	Freeze My TV	4	Grades: 5-6	Use computer spreadsheets, graphing and database applications to assist in quantitative analysis of data.
New Jersey > Core Curriculum Content Standards > Technological Literacy (2004)				
Lesson	Title	State ID	Grade Descr	State Text

New Jersey > Core Curriculum Content Standards > Social Studies (2004)				
Lesson	Title	State ID	Grade Descr	State Text
New Jersey > Core Curriculum Content Standards > Mathematics (2008)				
Lesson	Title	State ID	Grade Descr	State Text
27	Freeze My TV		Grade 4	Pictograph, bar graph, line plot, line graph, table
27	Freeze My TV		Grade 5	Bar graph, line graph, circle graph, table
New Jersey > Core Curriculum Content Standards > Language Arts Literacy (2004)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	7	Grade 4	Identify and summarize central ideas in informational texts.
10	Chain Five	5	Grade 5	Participate in class discussions appropriately.
10	Chain Five	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
11	Alphabet Fruit (and Vegetables)	6	Grade 4	Solve a problem or understand a task through group cooperation.
11	Alphabet Fruit (and Vegetables)	5	Grade 5	Participate in class discussions appropriately.
11	Alphabet Fruit (and Vegetables)	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
11	Alphabet Fruit (and Vegetables)	6	Grade 5	Solve a problem or understand a task through group cooperation.
13	Fitness Walking	6	Grade 4	Solve a problem or understand a task through group cooperation.

13	Fitness Walking	5	Grade 5	Participate in class discussions appropriately.
13	Fitness Walking	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
13	Fitness Walking	6	Grade 5	Solve a problem or understand a task through group cooperation.
14	Healthy Living, Healthy Eating	6	Grade 4	Solve a problem or understand a task through group cooperation.
14	Healthy Living, Healthy Eating	5	Grade 5	Participate in class discussions appropriately.
14	Healthy Living, Healthy Eating	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
14	Healthy Living, Healthy Eating	6	Grade 5	Solve a problem or understand a task through group cooperation.
15	Keeping the Balance	6	Grade 4	Solve a problem or understand a task through group cooperation.
15	Keeping the Balance	5	Grade 5	Participate in class discussions appropriately.
15	Keeping the Balance	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
15	Keeping the Balance	6	Grade 5	Solve a problem or understand a task through group cooperation.
16	The Safe Workout: A Review	6	Grade 4	Solve a problem or understand a task through group cooperation.
16	The Safe Workout: A Review	5	Grade 5	Participate in class discussions appropriately.
16	The Safe Workout: A Review	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
16	The Safe Workout: A Review	6	Grade 5	Solve a problem or understand a task through group cooperation.
17	Hunting for Hidden Fat	6	Grade 4	Solve a problem or understand a task through group cooperation.
17	Hunting for Hidden Fat	5	Grade 5	Participate in class discussions appropriately.
17	Hunting for Hidden Fat	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
17	Hunting for Hidden Fat	6	Grade 5	Solve a problem or understand a task through group cooperation.
18	Beverage Buzz: Sack the Sugar	6	Grade 4	Solve a problem or understand a task through group cooperation.

18	Beverage Buzz: Sack the Sugar	5	Grade 5	Participate in class discussions appropriately.
18	Beverage Buzz: Sack the Sugar	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
18	Beverage Buzz: Sack the Sugar	6	Grade 5	Solve a problem or understand a task through group cooperation.
19	Snack Decisions	2	Grade 4	Infer specific word meanings in the context of reading passages.
19	Snack Decisions	2	Grade 4	Distinguish cause and effect, fact and opinion, main idea, and supporting details in nonfiction texts (e.g., science, social studies).
19	Snack Decisions	9	Grade 4	Write formal and informal letters for a variety of audiences and purposes.
19	Snack Decisions	6	Grade 4	Solve a problem or understand a task through group cooperation.
19	Snack Decisions	2	Grade 5	Use context clues or knowledge of phonics, syllabication, prefixes, and suffixes to decode new words.
19	Snack Decisions	2	Grade 5	Apply knowledge of letter-sound associations, language structures, and context to recognize words.
19	Snack Decisions	2	Grade 5	Infer specific word meanings in the context of reading passages.
19	Snack Decisions	8	Grade 5	Distinguish between major and minor details.
19	Snack Decisions	5	Grade 5	Participate in class discussions appropriately.
19	Snack Decisions	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
19	Snack Decisions	6	Grade 5	Solve a problem or understand a task through group cooperation.
20	Snacking and Inactivity	6	Grade 4	Solve a problem or understand a task through group cooperation.
20	Snacking and Inactivity	5	Grade 5	Participate in class discussions appropriately.
20	Snacking and Inactivity	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
20	Snacking and Inactivity	6	Grade 5	Solve a problem or understand a task through group cooperation.
21	Freeze My TV	6	Grade 4	Solve a problem or understand a task through group cooperation.

21	Freeze My TV	1	Grade 4	Interpret information found in pictorial graphs, map keys, and icons on a computer screen.
21	Freeze My TV	5	Grade 5	Participate in class discussions appropriately.
21	Freeze My TV	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
21	Freeze My TV	6	Grade 5	Solve a problem or understand a task through group cooperation.
22	Menu Monitoring	6	Grade 4	Solve a problem or understand a task through group cooperation.
22	Menu Monitoring	5	Grade 5	Participate in class discussions appropriately.
22	Menu Monitoring	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
22	Menu Monitoring	6	Grade 5	Solve a problem or understand a task through group cooperation.
23	Veggiemania	6	Grade 4	Solve a problem or understand a task through group cooperation.
23	Veggiemania	5	Grade 5	Participate in class discussions appropriately.
23	Veggiemania	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
23	Veggiemania	6	Grade 5	Solve a problem or understand a task through group cooperation.
24	Breakfast Bonanza	2	Grade 4	Infer specific word meanings in the context of reading passages.
24	Breakfast Bonanza	2	Grade 4	Distinguish cause and effect, fact and opinion, main idea, and supporting details in nonfiction texts (e.g., science, social studies).
24	Breakfast Bonanza	2	Grade 5	Use context clues or knowledge of phonics, syllabication, prefixes, and suffixes to decode new words.
24	Breakfast Bonanza	2	Grade 5	Apply knowledge of letter-sound associations, language structures, and context to recognize words.
24	Breakfast Bonanza	2	Grade 5	Infer specific word meanings in the context of reading passages.
24	Breakfast Bonanza	8	Grade 5	Distinguish between major and minor details.

24	Breakfast Bonanza	5	Grade 5	Participate in class discussions appropriately.
24	Breakfast Bonanza	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
26	Fitness Walking	6	Grade 4	Solve a problem or understand a task through group cooperation.
26	Fitness Walking	5	Grade 5	Participate in class discussions appropriately.
26	Fitness Walking	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
26	Fitness Walking	6	Grade 5	Solve a problem or understand a task through group cooperation.
27	Freeze My TV	6	Grade 4	Solve a problem or understand a task through group cooperation.
27	Freeze My TV	1	Grade 4	Interpret information found in pictorial graphs, map keys, and icons on a computer screen.
27	Freeze My TV	3	Grade 4	Use graphs, charts, and diagrams to report data.
27	Freeze My TV	7	Grade 5	Summarize and organize information by taking notes, outlining ideas, and/or making charts.
27	Freeze My TV	5	Grade 5	Participate in class discussions appropriately.
27	Freeze My TV	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
27	Freeze My TV	5	Grade 5	Reflect and evaluate information learned as a result of the inquiry.
27	Freeze My TV	6	Grade 5	Solve a problem or understand a task through group cooperation.
27	Freeze My TV	2	Grade 5	Use graphs, charts, and diagrams to report data.
4	Balancing Act	6	Grade 4	Solve a problem or understand a task through group cooperation.
4	Balancing Act	1	Grade 4	Interpret information found in pictorial graphs, map keys, and icons on a computer screen.
4	Balancing Act	6	Grade 5	Interpret and use graphic sources of information such as maps, graphs, timelines, or tables to address research questions.

4	Balancing Act	5	Grade 5	Participate in class discussions appropriately.
4	Balancing Act	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
4	Balancing Act	5	Grade 5	Reflect and evaluate information learned as a result of the inquiry.
4	Balancing Act	6	Grade 5	Solve a problem or understand a task through group cooperation.
5	Fast-Food Frenzy	7	Grade 4	Identify and summarize central ideas in informational texts.
6	Snack Attack	6	Grade 4	Solve a problem or understand a task through group cooperation.
6	Snack Attack	1	Grade 4	Interpret information found in pictorial graphs, map keys, and icons on a computer screen.
6	Snack Attack	5	Grade 5	Participate in class discussions appropriately.
6	Snack Attack	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
6	Snack Attack	6	Grade 5	Solve a problem or understand a task through group cooperation.
7	Sugar Water: Think About Your Drink	6	Grade 4	Solve a problem or understand a task through group cooperation.
7	Sugar Water: Think About Your Drink	5	Grade 5	Participate in class discussions appropriately.
7	Sugar Water: Think About Your Drink	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
7	Sugar Water: Think About Your Drink	6	Grade 5	Solve a problem or understand a task through group cooperation.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	6	Grade 4	Solve a problem or understand a task through group cooperation.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	5	Grade 5	Participate in class discussions appropriately.

8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	6	Grade 5	Solve a problem or understand a task through group cooperation.
9	Prime-Time Smartness	2	Grade 4	Infer specific word meanings in the context of reading passages.
9	Prime-Time Smartness	6	Grade 4	Respond to literature in writing to demonstrate an understanding of the text, to explore personal reactions, and to connect personal experiences with the text.
9	Prime-Time Smartness	11	Grade 4	Demonstrate higher-order thinking skills through responses to open-ended and essay questions in content areas or as responses to literature.
9	Prime-Time Smartness	6	Grade 4	Solve a problem or understand a task through group cooperation.
9	Prime-Time Smartness	2	Grade 5	Use context clues or knowledge of phonics, syllabication, prefixes, and suffixes to decode new words.
9	Prime-Time Smartness	2	Grade 5	Apply knowledge of letter-sound associations, language structures, and context to recognize words.
9	Prime-Time Smartness	2	Grade 5	Infer specific word meanings in the context of reading passages.
9	Prime-Time Smartness	4	Grade 5	Organize a response that develops insight into literature by exploring personal reactions, connecting to personal experiences, and referring to the text through sustained use of examples.
9	Prime-Time Smartness	13	Grade 5	Demonstrate higher-order thinking skills and writing clarity when answering open-ended and essay questions in content areas or as responses to literature.
9	Prime-Time Smartness	5	Grade 5	Participate in class discussions appropriately.
9	Prime-Time Smartness	4	Grade 5	Discuss information heard, offer personal opinions, and ask for restatement or general explanation to clarify meaning.
9	Prime-Time Smartness	6	Grade 5	Solve a problem or understand a task through group cooperation.

New Jersey > Core Curriculum Content Standards > Comprehensive Health and Physical Education (2004)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living	1	Grades: 3-4	Describe the physical, social, and emotional dimensions of wellness.
1	Healthy Living	3	Grades: 3-4	Discuss factors that contribute to healthy physical, social, emotional, and intellectual growth and uniqueness.
1	Healthy Living	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
1	Healthy Living	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
1	Healthy Living	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
1	Healthy Living	1	Grades: 5-6	Discuss the physical, social, emotional, and intellectual dimensions of wellness.
1	Healthy Living	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
1	Healthy Living	2	Grades: 5-6	Compare the rate of physical, social, emotional, and intellectual change during various life stages and discuss ways to foster healthy growth.
1	Healthy Living	1	Grades: 5-6	Discuss factors that influence food choices.
1	Healthy Living	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
1	Healthy Living	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
1	Healthy Living	3		

			Grades: 5-6	Discuss the possible physical, social, and emotional impacts of adolescent sexual activity.
10	Chain Five	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
10	Chain Five	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
10	Chain Five	3	Grades: 3-4	Interpret food product labels.
10	Chain Five	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
10	Chain Five	3	Grades: 3-4	Explain that some diseases and health conditions are preventable and some are not.
10	Chain Five	1	Grades: 5-6	Discuss factors that influence food choices.
10	Chain Five	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
10	Chain Five	3	Grades: 5-6	Analyze nutrition information on food packages and labels.
10	Chain Five	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
11	Alphabet Fruit (and Vegetables)	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
11	Alphabet Fruit (and Vegetables)	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
11	Alphabet Fruit (and Vegetables)	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
11	Alphabet Fruit (and Vegetables)	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.

11	Alphabet Fruit (and Vegetables)	1	Grades: 5-6	Discuss factors that influence food choices.
11	Alphabet Fruit (and Vegetables)	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
11	Alphabet Fruit (and Vegetables)	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
11	Alphabet Fruit (and Vegetables)	3	Grades: 5-6	Compare and contrast diseases and health conditions prevalent in adolescents, including asthma, obesity, diabetes, Lyme disease, STDs, and HIV/AIDS.
11	Alphabet Fruit (and Vegetables)	6	Grades: 5-6	Describe the relationship between physical activity, healthy eating, and body composition.
12	Brilliant Breakfast	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
12	Brilliant Breakfast	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
12	Brilliant Breakfast	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
12	Brilliant Breakfast	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
12	Brilliant Breakfast	1	Grades: 5-6	Discuss factors that influence food choices.
12	Brilliant Breakfast	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
12	Brilliant Breakfast	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
13	Fitness Walking	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
14	Healthy Living, Healthy Eating	3	Grades: 3-4	Analyze the impact of health choices and behaviors on wellness.

14	Healthy Living, Healthy Eating	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
14	Healthy Living, Healthy Eating	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
14	Healthy Living, Healthy Eating	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
14	Healthy Living, Healthy Eating	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
14	Healthy Living, Healthy Eating	1	Grades: 5-6	Discuss factors that influence food choices.
14	Healthy Living, Healthy Eating	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
15	Keeping the Balance	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
15	Keeping the Balance	3	Grades: 3-4	Explain that some diseases and health conditions are preventable and some are not.
15	Keeping the Balance	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
15	Keeping the Balance	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
16	The Safe Workout: A Review	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
16	The Safe Workout: A Review	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
16	The Safe Workout: A Review	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
16	The Safe Workout: A Review	3	Grades: 3-4	Describe how body systems respond to vigorous exercise.

16	The Safe Workout: A Review	3	Grades: 3-4	Monitor physiological responses before, during, and after exercise.
16	The Safe Workout: A Review	1	Grades: 5-6	Discuss factors that influence food choices.
16	The Safe Workout: A Review	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
16	The Safe Workout: A Review	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
16	The Safe Workout: A Review	3	Grades: 5-6	Monitor physiological indicators before, during, and after exercise.
17	Hunting for Hidden Fat	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
17	Hunting for Hidden Fat	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
17	Hunting for Hidden Fat	3	Grades: 3-4	Interpret food product labels.
17	Hunting for Hidden Fat	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
17	Hunting for Hidden Fat	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
17	Hunting for Hidden Fat	1	Grades: 5-6	Discuss factors that influence food choices.
17	Hunting for Hidden Fat	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
17	Hunting for Hidden Fat	3	Grades: 5-6	Analyze nutrition information on food packages and labels.
17	Hunting for Hidden Fat	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.

18	Beverage Buzz: Sack the Sugar	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
18	Beverage Buzz: Sack the Sugar	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
18	Beverage Buzz: Sack the Sugar	3	Grades: 3-4	Interpret food product labels.
18	Beverage Buzz: Sack the Sugar	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
18	Beverage Buzz: Sack the Sugar	1	Grades: 5-6	Discuss factors that influence food choices.
18	Beverage Buzz: Sack the Sugar	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
18	Beverage Buzz: Sack the Sugar	3	Grades: 5-6	Analyze nutrition information on food packages and labels.
19	Snack Decisions	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
19	Snack Decisions	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
19	Snack Decisions	3	Grades: 3-4	Interpret food product labels.
19	Snack Decisions	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
19	Snack Decisions	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
19	Snack Decisions	1	Grades: 5-6	Discuss factors that influence food choices.
19	Snack Decisions	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.

19	Snack Decisions	3	Grades: 5-6	Analyze nutrition information on food packages and labels.
19	Snack Decisions	5	Grades: 5-6	Compare and contrast the economic and social purposes of health messages presented in the media.
2	Carb Smart	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
2	Carb Smart	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
2	Carb Smart	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
2	Carb Smart	1	Grades: 5-6	Discuss factors that influence food choices.
2	Carb Smart	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
20	Snacking and Inactivity	1	Grades: 3-4	Describe the physical, social, and emotional dimensions of wellness.
20	Snacking and Inactivity	3	Grades: 3-4	Discuss factors that contribute to healthy physical, social, emotional, and intellectual growth and uniqueness.
20	Snacking and Inactivity	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
20	Snacking and Inactivity	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
20	Snacking and Inactivity	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
20	Snacking and Inactivity	2	Grades: 3-4	Describe the short- and long-term physical effects of tobacco use.
20	Snacking and Inactivity	4	Grades: 3-4	Identify the short- and long-term physical and behavioral effects of alcohol use and abuse.

20	Snacking and Inactivity	5	Grades: 3-4	Identify the physical and behavioral effects of marijuana use.
20	Snacking and Inactivity	1	Grades: 5-6	Discuss the physical, social, emotional, and intellectual dimensions of wellness.
20	Snacking and Inactivity	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
20	Snacking and Inactivity	2	Grades: 5-6	Compare the rate of physical, social, emotional, and intellectual change during various life stages and discuss ways to foster healthy growth.
20	Snacking and Inactivity	1	Grades: 5-6	Discuss factors that influence food choices.
20	Snacking and Inactivity	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
20	Snacking and Inactivity	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
20	Snacking and Inactivity	4	Grades: 5-6	Describe the physical and emotional signs of stress and the short-and long-term impacts of stress on the human body.
20	Snacking and Inactivity	6	Grades: 5-6	Describe the physical and behavioral effects of each classification of drugs.
20	Snacking and Inactivity	3	Grades: 5-6	Discuss the possible physical, social, and emotional impacts of adolescent sexual activity.
21	Freeze My TV	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
21	Freeze My TV	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
21	Freeze My TV	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
21	Freeze My TV	5	Grades: 5-6	Discuss how technology impacts wellness.

22	Menu Monitoring	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
22	Menu Monitoring	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
22	Menu Monitoring	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
22	Menu Monitoring	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
22	Menu Monitoring	1	Grades: 5-6	Discuss factors that influence food choices.
22	Menu Monitoring	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
22	Menu Monitoring	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
23	Veggiemania	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
23	Veggiemania	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
23	Veggiemania	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
23	Veggiemania	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
23	Veggiemania	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
23	Veggiemania	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
24	Breakfast Bonanza	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.

24	Breakfast Bonanza	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
24	Breakfast Bonanza	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
24	Breakfast Bonanza	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
24	Breakfast Bonanza	1	Grades: 5-6	Discuss factors that influence food choices.
24	Breakfast Bonanza	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
24	Breakfast Bonanza	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	2	Grades: 3-4	Discuss how culture, peers, and the media impact the way individuals communicate and express emotions, and how emotions can affect communication, choices, and behaviors.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4	Grades: 3-4	Discuss how culture and tradition influence personal and family development.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
25	Foods From Around the World; Italy, China, Mexico, and	1	Grades: 5-6	Discuss factors that influence food choices.

	Ethiopia			
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia	6	Grades: 5-6	Describe the relationship between physical activity, healthy eating, and body composition.
26	Fitness Walking	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
27	Freeze My TV	5	Grades: 5-6	Discuss how technology impacts wellness.
28	Get 3 At School and 5+ A Day	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
28	Get 3 At School and 5+ A Day	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
28	Get 3 At School and 5+ A Day	1	Grades: 5-6	Discuss factors that influence food choices.
28	Get 3 At School and 5+ A Day	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
29	Class Walking Clubs	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
3	The Safe Workout: An Introduction	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
3	The Safe Workout: An Introduction	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.

3	The Safe Workout: An Introduction	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
3	The Safe Workout: An Introduction	3	Grades: 3-4	Describe and demonstrate the effective use of communication skills, including refusal, negotiation, and assertiveness.
3	The Safe Workout: An Introduction	1	Grades: 3-4	Discuss signs that a person might have a problem with the use of alcohol, tobacco, and other drugs.
3	The Safe Workout: An Introduction	4	Grades: 3-4	Describe how advertising, peers, and adults influence children and teenagers to try alcohol, tobacco, and other drugs.
3	The Safe Workout: An Introduction	3	Grades: 3-4	Describe how body systems respond to vigorous exercise.
3	The Safe Workout: An Introduction	1	Grades: 3-4	Engage in moderate to vigorous physical activity that develops all components of fitness.
3	The Safe Workout: An Introduction	3	Grades: 3-4	Monitor physiological responses before, during, and after exercise.
3	The Safe Workout: An Introduction	6	Grades: 3-4	Demonstrate safe and appropriate techniques while engaging in fitness activities.
3	The Safe Workout: An Introduction	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
3	The Safe Workout: An Introduction	1	Grades: 5-6	Discuss factors that influence food choices.
3	The Safe Workout: An Introduction	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
3	The Safe Workout: An Introduction	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
3	The Safe Workout: An Introduction	3	Grades: 5-6	Demonstrate and evaluate the effective use of communication skills, including refusal, negotiation, and assertiveness.
3	The Safe Workout: An Introduction	2	Grades: 5-6	Identify ways to quit using alcohol, tobacco, and other drugs and discuss factors that support an individual to quit.

3	The Safe Workout: An Introduction	3	Grades: 5-6	Discuss factors that contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as advertising and the media, group pressures, low self-esteem, genetics, and poor role models.
3	The Safe Workout: An Introduction	1	Grades: 5-6	Engage in moderate to vigorous forms of physical activity that address each component of fitness.
3	The Safe Workout: An Introduction	3	Grades: 5-6	Monitor physiological indicators before, during, and after exercise.
30	Tour de Health	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
30	Tour de Health	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
30	Tour de Health	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
30	Tour de Health	1	Grades: 5-6	Discuss factors that influence food choices.
30	Tour de Health	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
30	Tour de Health	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
4	Balancing Act	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
4	Balancing Act	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
4	Balancing Act	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
4	Balancing Act	1	Grades: 5-6	Discuss factors that influence food choices.
4	Balancing Act	2		

			Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
4	Balancing Act	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
5	Fast-Food Frenzy	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
5	Fast-Food Frenzy	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
5	Fast-Food Frenzy	3	Grades: 3-4	Interpret food product labels.
5	Fast-Food Frenzy	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
5	Fast-Food Frenzy	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
5	Fast-Food Frenzy	1	Grades: 5-6	Discuss factors that influence food choices.
5	Fast-Food Frenzy	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
5	Fast-Food Frenzy	3	Grades: 5-6	Analyze nutrition information on food packages and labels.
5	Fast-Food Frenzy	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
6	Snack Attack	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
6	Snack Attack	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
6	Snack Attack	3	Grades: 3-4	Interpret food product labels.

6	Snack Attack	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
6	Snack Attack	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
6	Snack Attack	1	Grades: 5-6	Discuss factors that influence food choices.
6	Snack Attack	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
6	Snack Attack	3	Grades: 5-6	Analyze nutrition information on food packages and labels.
7	Sugar Water: Think About Your Drink	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
7	Sugar Water: Think About Your Drink	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
7	Sugar Water: Think About Your Drink	3	Grades: 3-4	Interpret food product labels.
7	Sugar Water: Think About Your Drink	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
7	Sugar Water: Think About Your Drink	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
7	Sugar Water: Think About Your Drink	1	Grades: 5-6	Discuss factors that influence food choices.
7	Sugar Water: Think About Your Drink	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
7	Sugar Water: Think About Your Drink	3	Grades: 5-6	Analyze nutrition information on food packages and labels.
7	Sugar Water: Think About Your Drink	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.

7	Sugar Water: Think About Your Drink	6	Grades: 5-6	Describe the relationship between physical activity, healthy eating, and body composition.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	1	Grades: 3-4	Differentiate between healthy and unhealthy eating patterns.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	2	Grades: 3-4	Classify foods by food group, food source, nutritional content, and nutritional value.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4	Grades: 3-4	Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	1	Grades: 5-6	Discuss factors that influence food choices.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	2	Grades: 5-6	Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	4	Grades: 5-6	Discuss the short- and long-term benefits and risks associated with nutritional choices.
9	Prime-Time Smartness	2	Grades: 3-4	Discuss how parents, peers, and the media influence health decisions and behaviors.
9	Prime-Time Smartness	4	Grades: 3-4	Develop and articulate group goals.
9	Prime-Time Smartness	4	Grades: 5-6	Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.

9	Prime-Time Smartness	5	Grades: 5-6	Discuss how technology impacts wellness.
9	Prime-Time Smartness	5	Grades: 5-6	Compare and contrast the economic and social purposes of health messages presented in the media.
9	Prime-Time Smartness	2	Grades: 5-6	Analyze the influence of family, peers, and the media on health decisions and investigate how conflicting interests may influence decisions and choices.
New Jersey > Core Curriculum Content Standards > Mathematics (2002)				
Lesson	Title	State ID	Grade Descr	State Text
12	Brilliant Breakfast		Grade 4	Pictograph, bar graph, line plot, line graph, table
12	Brilliant Breakfast		Grade 4	Graphical representations (e.g., a line graph)
15	Keeping the Balance		Grade 4	Addition and subtraction: joining, separating, comparing
17	Hunting for Hidden Fat		Grade 4	Pictograph, bar graph, line plot, line graph, table
17	Hunting for Hidden Fat		Grade 5	Bar graph, line graph, circle graph, table
21	Freeze My TV		Grade 4	Descriptions using words, number sentences/expressions, graphs, tables, variables (e.g., shape, blank, or letter)
21	Freeze My TV		Grade 4	Pictograph, bar graph, line plot, line graph, table
21	Freeze My TV		Grade 4	Graphical representations (e.g., a line graph)
21	Freeze My TV		Grade 5	Bar graph, line graph, circle graph, table
24	Breakfast Bonanza		Grade 4	Pictograph, bar graph, line plot, line graph, table
24	Breakfast Bonanza		Grade 4	Graphical representations (e.g., a line graph)
24	Breakfast Bonanza		Grade 5	Bar graph, line graph, circle graph, table
27	Freeze My TV		Grade 4	Descriptions using words, number sentences/expressions, graphs, tables, variables

				(e.g., shape, blank, or letter)
27	Freeze My TV		Grade 4	Pictograph, bar graph, line plot, line graph, table
27	Freeze My TV		Grade 4	Collect data and use that data to predict the probability (experimental)
27	Freeze My TV		Grade 4	Organized lists, charts, tree diagrams
27	Freeze My TV		Grade 4	Graphical representations (e.g., a line graph)
27	Freeze My TV	2	Grade 4	Use computer spreadsheets, software, and graphing utilities to organize and display quantitative information.
27	Freeze My TV		Grade 5	Bar graph, line graph, circle graph, table
27	Freeze My TV	2	Grade 5	Use computer spreadsheets, software, and graphing utilities to organize and display quantitative information.
28	Get 3 At School and 5+ A Day		Grade 4	Pictograph, bar graph, line plot, line graph, table
28	Get 3 At School and 5+ A Day		Grade 4	Graphical representations (e.g., a line graph)
28	Get 3 At School and 5+ A Day	2	Grade 4	Use computer spreadsheets, software, and graphing utilities to organize and display quantitative information.
28	Get 3 At School and 5+ A Day	2	Grade 5	Use computer spreadsheets, software, and graphing utilities to organize and display quantitative information.
4	Balancing Act		Grade 4	Descriptions using words, number sentences/expressions, graphs, tables, variables (e.g., shape, blank, or letter)
4	Balancing Act		Grade 4	Pictograph, bar graph, line plot, line graph, table
4	Balancing Act		Grade 4	Organized lists, charts, tree diagrams
4	Balancing Act		Grade 4	Graphical representations (e.g., a line graph)
4	Balancing Act		Grade 5	Bar graph, line graph, circle graph, table
4	Balancing Act		Grade 5	Organized lists, charts, tree diagrams, tables
5	Fast-Food Frenzy		Grade 4	Organized lists, charts, tree diagrams
6	Snack Attack		Grade 4	Graphical representations (e.g., a line graph)

6	Snack Attack		Grade 5	Bar graph, line graph, circle graph, table