

Utah > Core Curriculum > Social Studies (2000)				
Lesson	Title	State ID	Grade Descr	State Text
Utah > Core Curriculum > Mathematics (2007)				
Lesson	Title	State ID	Grade Descr	State Text
12	Brilliant Breakfast	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
17	Hunting for Hidden Fat	c	Fourth Grade	Represent data using frequency tables, bar graphs, line plots, and stem and leaf plots.
21	Freeze My TV	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
21	Freeze My TV	c	Fourth Grade	Represent data using frequency tables, bar graphs, line plots, and stem and leaf plots.
27	Freeze My TV	a	Fourth Grade	Identify a question that can be answered by collecting data.
27	Freeze My TV	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
27	Freeze My TV	c	Fourth Grade	Represent data using frequency tables, bar graphs, line plots, and stem and leaf plots.
27	Freeze My TV	a	Fifth Grade	Construct, analyze, and display data using an appropriate format (e.g., line plots, bar graphs, line graphs).
28	Get 3 At School and 5+ A Day	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
28	Get 3 At School and 5+ A Day	c		Represent data using frequency tables, bar graphs, line plots, and stem and leaf plots.

			Fourth Grade	
28	Get 3 At School and 5+ A Day	a	Fifth Grade	Construct, analyze, and display data using an appropriate format (e.g., line plots, bar graphs, line graphs).
4	Balancing Act	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
5	Fast-Food Frenzy	b	Fourth Grade	Recognize that a square that is 1 unit on a side is the standard unit for measuring area.
5	Fast-Food Frenzy	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
5	Fast-Food Frenzy	b	Fifth Grade	Demonstrate multiple ways to represent whole numbers, decimals, fractions, percents, and integers using models and symbolic representations (e.g., $108 = 2 \times 50 + 8$ ; $108 = 102 + 8$ ; $90\% = 90$ out of 100 squares on a hundred chart).
5	Fast-Food Frenzy	c	Fifth Grade	Compare areas of polygons using different units of measure within the same measurement system (e.g., square feet, square yards).
6	Snack Attack	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
Utah > Core Curriculum > Language Arts (2003)				
Lesson	Title	State ID	Grade Descr	State Text
19	Snack Decisions	b	4th Grade	Use words, sentences, and paragraphs as context clues to determine meanings of unknown key words, similes and idioms.
19	Snack Decisions	f	4th Grade	Identify theme/topic/main idea from text; note details.
19	Snack Decisions	b	5th Grade	Use words, sentences, and paragraphs as context clues to determine meaning of unknown key words, similes, metaphors, idioms, proverbs, and clichés.

19	Snack Decisions	f	5th Grade	Identify theme/topic/main idea from text; note details.
21	Freeze My TV	c	4th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
21	Freeze My TV	c	5th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
24	Breakfast Bonanza	b	4th Grade	Use words, sentences, and paragraphs as context clues to determine meanings of unknown key words, similes and idioms.
24	Breakfast Bonanza	f	4th Grade	Identify theme/topic/main idea from text; note details.
24	Breakfast Bonanza	i	4th Grade	Compile, organize, and interpret information from text.
24	Breakfast Bonanza	e	4th Grade	Locate facts from a variety of informational texts (e.g., newspapers, magazines, textbooks, biographies, other resources).
24	Breakfast Bonanza	b	5th Grade	Use words, sentences, and paragraphs as context clues to determine meaning of unknown key words, similes, metaphors, idioms, proverbs, and clichés.
24	Breakfast Bonanza	f	5th Grade	Identify theme/topic/main idea from text; note details.
24	Breakfast Bonanza	i	5th Grade	Compile, organize, and interpret information from text.
24	Breakfast Bonanza	e	5th Grade	Locate information from a variety of informational text (e.g., newspapers, magazines, textbooks, biographies, Internet, other resources).
27	Freeze My TV	c	4th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
27	Freeze My TV	c	5th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
3	The Safe Workout: An Introduction	i	4th Grade	Compile, organize, and interpret information from text.

3	The Safe Workout: An Introduction	e	4th Grade	Locate facts from a variety of informational texts (e.g., newspapers, magazines, textbooks, biographies, other resources).
3	The Safe Workout: An Introduction	i	5th Grade	Compile, organize, and interpret information from text.
3	The Safe Workout: An Introduction	e	5th Grade	Locate information from a variety of informational text (e.g., newspapers, magazines, textbooks, biographies, Internet, other resources).
4	Balancing Act	i	4th Grade	Compile, organize, and interpret information from text.
4	Balancing Act	c	4th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
4	Balancing Act	e	4th Grade	Locate facts from a variety of informational texts (e.g., newspapers, magazines, textbooks, biographies, other resources).
4	Balancing Act	i	5th Grade	Compile, organize, and interpret information from text.
4	Balancing Act	c	5th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
4	Balancing Act	e	5th Grade	Locate information from a variety of informational text (e.g., newspapers, magazines, textbooks, biographies, Internet, other resources).
5	Fast-Food Frenzy	i	4th Grade	Compile, organize, and interpret information from text.
5	Fast-Food Frenzy	e	4th Grade	Locate facts from a variety of informational texts (e.g., newspapers, magazines, textbooks, biographies, other resources).
5	Fast-Food Frenzy	i	5th Grade	Compile, organize, and interpret information from text.
5	Fast-Food Frenzy	e	5th Grade	Locate information from a variety of informational text (e.g., newspapers, magazines, textbooks, biographies, Internet, other resources).
6	Snack Attack	i	4th Grade	Compile, organize, and interpret information from text.

6	Snack Attack	c	4th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
6	Snack Attack	e	4th Grade	Locate facts from a variety of informational texts (e.g., newspapers, magazines, textbooks, biographies, other resources).
6	Snack Attack	i	5th Grade	Compile, organize, and interpret information from text.
6	Snack Attack	c	5th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
6	Snack Attack	e	5th Grade	Locate information from a variety of informational text (e.g., newspapers, magazines, textbooks, biographies, Internet, other resources).
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	c	4th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind	c	5th Grade	Identify information from text, headings, subheadings, diagrams, charts, captions, graphs, table of contents, index, and glossary.
9	Prime-Time Smartness	b	4th Grade	Use words, sentences, and paragraphs as context clues to determine meanings of unknown key words, similes and idioms.
9	Prime-Time Smartness	i	4th Grade	Compile, organize, and interpret information from text.
9	Prime-Time Smartness	e	4th Grade	Locate facts from a variety of informational texts (e.g., newspapers, magazines, textbooks, biographies, other resources).
9	Prime-Time Smartness	b	5th Grade	Use words, sentences, and paragraphs as context clues to determine meaning of unknown key words, similes, metaphors, idioms, proverbs, and clichés.
9	Prime-Time Smartness	i	5th Grade	Compile, organize, and interpret information from text.
9	Prime-Time Smartness	e	5th Grade	Locate information from a variety of informational text (e.g., newspapers, magazines, textbooks, biographies, Internet, other resources).

Utah > Core Curriculum > Educational Technology (2000)				
Lesson	Title	State ID	Grade Descr	State Text
Utah > Core Curriculum > Mathematics (2003)				
Lesson	Title	State ID	Grade Descr	State Text
12	Brilliant Breakfast	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
15	Keeping the Balance	b	Fourth Grade	Find the sum and difference of four-digit numbers and describe the process used.
17	Hunting for Hidden Fat	c	Fourth Grade	Represent data using tables, line plots, line graphs, and bar graphs.
21	Freeze My TV	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
21	Freeze My TV	c	Fourth Grade	Represent data using tables, line plots, line graphs, and bar graphs.
24	Breakfast Bonanza	c	Fourth Grade	Represent data using tables, line plots, line graphs, and bar graphs.
27	Freeze My TV	a	Fourth Grade	Identify a question that can be answered by collecting data.
27	Freeze My TV	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
27	Freeze My TV	c		Represent data using tables, line plots, line graphs, and bar graphs.

			Fourth Grade	
27	Freeze My TV	a	Fifth Grade	Formulate a question that can be answered by collecting data.
27	Freeze My TV	b	Fifth Grade	Collect, compare, and display data using an appropriate format (i.e., line plots, bar graphs, pictographs, circle graphs, line graphs).
28	Get 3 At School and 5+ A Day	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
28	Get 3 At School and 5+ A Day	b	Fifth Grade	Collect, compare, and display data using an appropriate format (i.e., line plots, bar graphs, pictographs, circle graphs, line graphs).
4	Balancing Act	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
4	Balancing Act	c	Fourth Grade	Represent data using tables, line plots, line graphs, and bar graphs.
5	Fast-Food Frenzy	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
6	Snack Attack	b	Fourth Grade	Collect, read, and interpret data from tables, graphs, charts, surveys, and observations.
Utah > Core Curriculum > Health Education (1997)				
Lesson	Title	State ID	Grade Descr	State Text
1	Healthy Living		4th Grade	Recognize how physical, mental, and social health interrelate.
1	Healthy Living		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
1	Healthy Living			

			4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
1	Healthy Living		4th Grade	Determine the functions of key vitamins and minerals.
1	Healthy Living		4th Grade	Name foods rich in key vitamins and minerals.
1	Healthy Living		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
1	Healthy Living		4th Grade	Describe the role of nutrition in growth and development.
1	Healthy Living		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
1	Healthy Living		5th Grade	Summarize the role of nutrition and exercise in body development.
10	Chain Five		4th Grade	Demonstrate decision-making and Refusal Skills for HIV prevention.
10	Chain Five		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
10	Chain Five		4th Grade	Determine the functions of key vitamins and minerals.
10	Chain Five		4th Grade	Name foods rich in key vitamins and minerals.
10	Chain Five		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
10	Chain Five		4th Grade	Plan a balanced food intake for one day.
10	Chain Five		4th Grade	Describe the role of nutrition in growth and development.

10	Chain Five		5th Grade	Know the Dietary Guidelines for Americans.
10	Chain Five		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
10	Chain Five		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
10	Chain Five		5th Grade	Summarize the role of nutrition and exercise in body development.
11	Alphabet Fruit (and Vegetables)		4th Grade	Describe the role of nutrition in growth and development.
11	Alphabet Fruit (and Vegetables)		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
11	Alphabet Fruit (and Vegetables)		5th Grade	Summarize the role of nutrition and exercise in body development.
12	Brilliant Breakfast		4th Grade	Plan a balanced food intake for one day.
12	Brilliant Breakfast		4th Grade	Describe the role of nutrition in growth and development.
12	Brilliant Breakfast		5th Grade	Know the Dietary Guidelines for Americans.
12	Brilliant Breakfast		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
12	Brilliant Breakfast		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
12	Brilliant Breakfast		5th Grade	Summarize the role of nutrition and exercise in body development.

13	Fitness Walking		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
13	Fitness Walking		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
14	Healthy Living, Healthy Eating		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
14	Healthy Living, Healthy Eating		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
14	Healthy Living, Healthy Eating		4th Grade	Determine the functions of key vitamins and minerals.
14	Healthy Living, Healthy Eating		4th Grade	Name foods rich in key vitamins and minerals.
14	Healthy Living, Healthy Eating		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
14	Healthy Living, Healthy Eating		4th Grade	Plan a balanced food intake for one day.
14	Healthy Living, Healthy Eating		5th Grade	Know the Dietary Guidelines for Americans.
14	Healthy Living, Healthy Eating		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
14	Healthy Living, Healthy Eating		5th Grade	Summarize the role of nutrition and exercise in body development.
15	Keeping the Balance		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
15	Keeping the Balance		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
15	Keeping the Balance			Determine the functions of key vitamins and minerals.

			4th Grade	
15	Keeping the Balance		4th Grade	Name foods rich in key vitamins and minerals.
15	Keeping the Balance		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
15	Keeping the Balance		4th Grade	Explain the role that heredity plays in growth and development.
15	Keeping the Balance		4th Grade	Describe the role of nutrition in growth and development.
15	Keeping the Balance		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
15	Keeping the Balance		5th Grade	Summarize the role of nutrition and exercise in body development.
16	The Safe Workout: A Review		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
16	The Safe Workout: A Review		4th Grade	List reasons to avoid contact with blood and other body fluids.
16	The Safe Workout: A Review		4th Grade	Plan a balanced food intake for one day.
16	The Safe Workout: A Review		4th Grade	Explain the role that heredity plays in growth and development.
16	The Safe Workout: A Review		4th Grade	Describe the role of nutrition in growth and development.
16	The Safe Workout: A Review		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
16	The Safe Workout: A Review		5th Grade	Identify, avoid, manage, or escape situations involving exposure to body fluids.

16	The Safe Workout: A Review		5th Grade	Know the Dietary Guidelines for Americans.
16	The Safe Workout: A Review		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
16	The Safe Workout: A Review		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
16	The Safe Workout: A Review		5th Grade	Summarize the role of nutrition and exercise in body development.
17	Hunting for Hidden Fat		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
17	Hunting for Hidden Fat		4th Grade	Determine the functions of key vitamins and minerals.
17	Hunting for Hidden Fat		4th Grade	Name foods rich in key vitamins and minerals.
17	Hunting for Hidden Fat		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
17	Hunting for Hidden Fat		4th Grade	Plan a balanced food intake for one day.
17	Hunting for Hidden Fat		5th Grade	Know the Dietary Guidelines for Americans.
17	Hunting for Hidden Fat		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
17	Hunting for Hidden Fat		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
17	Hunting for Hidden Fat		5th Grade	Summarize the role of nutrition and exercise in body development.

18	Beverage Buzz: Sack the Sugar		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
18	Beverage Buzz: Sack the Sugar		4th Grade	Determine the functions of key vitamins and minerals.
18	Beverage Buzz: Sack the Sugar		4th Grade	Name foods rich in key vitamins and minerals.
18	Beverage Buzz: Sack the Sugar		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
18	Beverage Buzz: Sack the Sugar		4th Grade	Plan a balanced food intake for one day.
18	Beverage Buzz: Sack the Sugar		4th Grade	Explain the role that heredity plays in growth and development.
18	Beverage Buzz: Sack the Sugar		4th Grade	Describe the role of nutrition in growth and development.
18	Beverage Buzz: Sack the Sugar		5th Grade	Know the Dietary Guidelines for Americans.
18	Beverage Buzz: Sack the Sugar		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
18	Beverage Buzz: Sack the Sugar		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
18	Beverage Buzz: Sack the Sugar		5th Grade	Determine how changes in personal activity level and/or food intake may benefit personal health.
19	Snack Decisions		4th Grade	Identify factors that may influence decision making; e.g., media, peers, environment, self-worth.
19	Snack Decisions		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
19	Snack Decisions			Determine the functions of key vitamins and minerals.

			4th Grade	
19	Snack Decisions		4th Grade	Name foods rich in key vitamins and minerals.
19	Snack Decisions		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
19	Snack Decisions		4th Grade	Plan a balanced food intake for one day.
19	Snack Decisions		4th Grade	Identify the strategies and techniques used in a variety of media.
19	Snack Decisions		4th Grade	Demonstrate the various strategies and techniques used by media.
19	Snack Decisions		5th Grade	Recognize factors that may affect body image; e.g., media, peers, self-expectations.
19	Snack Decisions		5th Grade	Describe how advertising may influence individual choices.
19	Snack Decisions		5th Grade	Know the Dietary Guidelines for Americans.
19	Snack Decisions		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
19	Snack Decisions		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
19	Snack Decisions		5th Grade	Analyze the influence of media on needs and wants.
19	Snack Decisions		5th Grade	Describe how media strategies may contribute to impulsive buying.
2	Carb Smart			

			4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
2	Carb Smart		4th Grade	Determine the functions of key vitamins and minerals.
2	Carb Smart		4th Grade	Name foods rich in key vitamins and minerals.
2	Carb Smart		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
2	Carb Smart		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
20	Snacking and Inactivity		4th Grade	Recognize how physical, mental, and social health interrelate.
20	Snacking and Inactivity		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
20	Snacking and Inactivity		4th Grade	Describe the role of nutrition in growth and development.
20	Snacking and Inactivity		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
20	Snacking and Inactivity		5th Grade	Summarize the role of nutrition and exercise in body development.
21	Freeze My TV		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
21	Freeze My TV		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
21	Freeze My TV		5th Grade	Determine how changes in personal activity level and/or food intake may benefit personal health.
21	Freeze My TV		5th Grade	Summarize the role of nutrition and exercise in body development.

22	Menu Monitoring		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
22	Menu Monitoring		4th Grade	Determine the functions of key vitamins and minerals.
22	Menu Monitoring		4th Grade	Name foods rich in key vitamins and minerals.
22	Menu Monitoring		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
22	Menu Monitoring		4th Grade	Plan a balanced food intake for one day.
22	Menu Monitoring		4th Grade	Describe the role of nutrition in growth and development.
22	Menu Monitoring		5th Grade	Know the Dietary Guidelines for Americans.
22	Menu Monitoring		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
22	Menu Monitoring		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
22	Menu Monitoring		5th Grade	Summarize the role of nutrition and exercise in body development.
23	Veggiemania		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
23	Veggiemania		4th Grade	Determine the functions of key vitamins and minerals.
23	Veggiemania		4th Grade	Name foods rich in key vitamins and minerals.
23	Veggiemania			Identify nutritional problems related to vitamin and/or mineral deficiencies.

			4th Grade	
23	Veggiemania		4th Grade	Describe the role of nutrition in growth and development.
24	Breakfast Bonanza		4th Grade	Plan a balanced food intake for one day.
24	Breakfast Bonanza		4th Grade	Describe the role of nutrition in growth and development.
24	Breakfast Bonanza		5th Grade	Know the Dietary Guidelines for Americans.
24	Breakfast Bonanza		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
24	Breakfast Bonanza		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
25	Foods From Around the World; Italy, China, Mexico, and Ethiopia		4th Grade	Describe the role of nutrition in growth and development.
26	Fitness Walking		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
26	Fitness Walking		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
27	Freeze My TV		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
27	Freeze My TV		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
27	Freeze My TV		5th Grade	Determine how changes in personal activity level and/or food intake may benefit personal health.

27	Freeze My TV		5th Grade	Summarize the role of nutrition and exercise in body development.
28	Get 3 At School and 5+ A Day		4th Grade	Plan a balanced food intake for one day.
28	Get 3 At School and 5+ A Day		4th Grade	Describe the role of nutrition in growth and development.
28	Get 3 At School and 5+ A Day		5th Grade	Know the Dietary Guidelines for Americans.
28	Get 3 At School and 5+ A Day		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
29	Class Walking Clubs		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
29	Class Walking Clubs		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
3	The Safe Workout: An Introduction		4th Grade	Model ways to show care and acceptance of the body; e.g., posture, hygiene, exercise, balanced diet.
3	The Safe Workout: An Introduction		4th Grade	Demonstrate decision-making and Refusal Skills for HIV prevention.
3	The Safe Workout: An Introduction		4th Grade	Plan a balanced food intake for one day.
3	The Safe Workout: An Introduction		4th Grade	Describe the role of nutrition in growth and development.
3	The Safe Workout: An Introduction		5th Grade	Recognize influences on body shape and size; e.g., diet, disabilities, exercise, heredity.
3	The Safe Workout: An Introduction		5th Grade	Know the Dietary Guidelines for Americans.
3				

	The Safe Workout: An Introduction		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
3	The Safe Workout: An Introduction		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
3	The Safe Workout: An Introduction		5th Grade	Summarize the role of nutrition and exercise in body development.
30	Tour de Health		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
30	Tour de Health		4th Grade	Determine the functions of key vitamins and minerals.
30	Tour de Health		4th Grade	Name foods rich in key vitamins and minerals.
30	Tour de Health		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
30	Tour de Health		4th Grade	Plan a balanced food intake for one day.
30	Tour de Health		4th Grade	Describe the role of nutrition in growth and development.
30	Tour de Health		5th Grade	Know the Dietary Guidelines for Americans.
30	Tour de Health		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
30	Tour de Health		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
30	Tour de Health		5th Grade	Summarize the role of nutrition and exercise in body development.

4	Balancing Act		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
4	Balancing Act		4th Grade	Determine the functions of key vitamins and minerals.
4	Balancing Act		4th Grade	Name foods rich in key vitamins and minerals.
4	Balancing Act		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
4	Balancing Act		4th Grade	Describe the role of nutrition in growth and development.
4	Balancing Act		5th Grade	Summarize the role of nutrition and exercise in body development.
5	Fast-Food Frenzy		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
5	Fast-Food Frenzy		4th Grade	Determine the functions of key vitamins and minerals.
5	Fast-Food Frenzy		4th Grade	Name foods rich in key vitamins and minerals.
5	Fast-Food Frenzy		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
5	Fast-Food Frenzy		4th Grade	Define calories.
5	Fast-Food Frenzy		4th Grade	Estimate the number of calories needed for growth and body function.
5	Fast-Food Frenzy		4th Grade	Predict the change in caloric requirements due to participation in activities.
5	Fast-Food Frenzy		4th Grade	Plan a balanced food intake for one day.

5	Fast-Food Frenzy		4th Grade	Describe the role of nutrition in growth and development.
5	Fast-Food Frenzy		5th Grade	Know the Dietary Guidelines for Americans.
5	Fast-Food Frenzy		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
5	Fast-Food Frenzy		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
5	Fast-Food Frenzy		5th Grade	Summarize the role of nutrition and exercise in body development.
6	Snack Attack		4th Grade	Plan a balanced food intake for one day.
6	Snack Attack		5th Grade	Know the Dietary Guidelines for Americans.
6	Snack Attack		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
6	Snack Attack		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
6	Snack Attack		5th Grade	Determine how changes in personal activity level and/or food intake may benefit personal health.
7	Sugar Water: Think About Your Drink		4th Grade	Name vitamins and minerals vital to a healthy body; e.g., vitamins B and C, minerals calcium and iron.
7	Sugar Water: Think About Your Drink		4th Grade	Determine the functions of key vitamins and minerals.
7	Sugar Water: Think About Your Drink		4th Grade	Name foods rich in key vitamins and minerals.

7	Sugar Water: Think About Your Drink		4th Grade	Identify nutritional problems related to vitamin and/or mineral deficiencies.
7	Sugar Water: Think About Your Drink		4th Grade	Plan a balanced food intake for one day.
7	Sugar Water: Think About Your Drink		4th Grade	Describe the role of nutrition in growth and development.
7	Sugar Water: Think About Your Drink		5th Grade	Know the Dietary Guidelines for Americans.
7	Sugar Water: Think About Your Drink		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.
7	Sugar Water: Think About Your Drink		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
7	Sugar Water: Think About Your Drink		5th Grade	Determine how changes in personal activity level and/or food intake may benefit personal health.
7	Sugar Water: Think About Your Drink		5th Grade	Summarize the role of nutrition and exercise in body development.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		4th Grade	Plan a balanced food intake for one day.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		4th Grade	Describe the role of nutrition in growth and development.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		5th Grade	Know the Dietary Guidelines for Americans.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		5th Grade	Relate how following the Dietary Guidelines for Americans may impact the health of individuals as well as communities; e.g., obesity, heart disease, cancer, insurance rates, missed work days.

8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		5th Grade	Compare daily food intake and caloric output with Dietary Guidelines for Americans.
8	The Safe Workout: Snacking's Just Fine, If you Choose the Right Kind		5th Grade	Summarize the role of nutrition and exercise in body development.
9	Prime-Time Smartness		4th Grade	Identify the strategies and techniques used in a variety of media.
9	Prime-Time Smartness		4th Grade	Demonstrate the various strategies and techniques used by media.
9	Prime-Time Smartness		5th Grade	Differentiate between positive and negative influences.
9	Prime-Time Smartness		5th Grade	Describe how advertising may influence individual choices.
9	Prime-Time Smartness		5th Grade	Analyze the influence of media on needs and wants.
9	Prime-Time Smartness		5th Grade	Describe how media strategies may contribute to impulsive buying.
Utah > Core Curriculum > Science (2002)				
Lesson	Title	State ID	Grade Descr	State Text
27	Freeze My TV	a	Fifth Grade	Make a chart and collect data identifying various traits among a given population (e.g., the hand span of students in the classroom, the color and texture of different apples, the number of petals of a given flower).