

Scope and Sequence: Grade One *Healthy Choices, Healthy Me!*

Each of the Grade One *Healthy Choices, Healthy Me!* activities are aligned to California and National Education Standards. Alignments include completion of student workbook activities, classroom activities and classroom discussions.

NATIONAL EDUCATION STANDARDS (GRADE 1)		Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
NATIONAL HEALTH EDUCATION STANDARDS											
Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.	•	•	•	•	•	•	•	•	•	•
Standard 5	Students will demonstrate the ability to use decision-making skills to enhance health.	•	•	•	•	•	•	•	•	•	•
Standard 6	Students will demonstrate the ability to use goal-setting skills to enhance health.	•	•	•	•	•	•	•	•	•	•
Standard 8	Students will demonstrate the ability to advocate for personal, family and community health.	•	•	•	•	•	•	•	•	•	•
NATIONAL STANDARDS FOR PHYSICAL EDUCATION											
Standard 6	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.										•
PRINCIPLES AND STANDARDS FOR SCHOOL MATHEMATICS											
Number and Operations Standard	Understand numbers, ways of representing numbers, relationships among numbers, and number systems.										•
Data Analysis and Probability Standard	Formulate questions that can be addressed with data and collect, organize and display relevant data to answer them; represent data using concrete objects, pictures, or graphs.										•
NATIONAL SCIENCE EDUCATION STANDARDS											
Content Standard F: Personal and Social Perspectives	Personal Health <ul style="list-style-type: none"> • Nutrition is essential to health. Students should understand how the body uses food and how various foods contribute to health. • Individuals have some responsibility for their own health. Students should engage in personal care—dental hygiene, cleanliness, and exercise—that will maintain and improve health. 	•	•	•	•	•	•	•	•	•	•
NATIONAL STANDARDS FOR THE ENGLISH LANGUAGE ARTS											
Standard 12	Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information).	•	•	•	•	•	•	•	•	•	•

National Education Standards

- Cited from *Pre-publication document of National Health Education Standards, PreK-12*, American Cancer Society, December 2005–August 2006.
- *Moving into the Future: National Standards for Physical Education*, National Association for Sport and Physical Education, 2004.
- *Principles and Standards for School Mathematics*, National Council of Teachers of Mathematics, 2000.
- *National Science Education Standards*, National Academy of Sciences, 1996.
- *Standards for the English Language Arts*, International Reading Association and the National Council of Teachers of English, 1996.