KickinNutrition.TV Core Curriculum Alignment & Nutrition Education Health Standards: GRADE 5
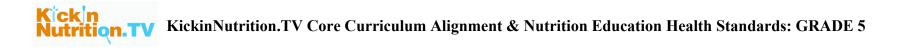
Standards	Standards & Performance Indicators	KNTV Lesson 1	KNTV Lesson 2	KNTV Lesson 3	KNTV Lesson 4	KNTV Lesson 5	KNTV Lesson 6
National Health Standards	1.51 Describe the relationship between healthy behaviors and personal health	✓	✓	✓	✓	✓	✓
	1.5.3 Describe ways in which safe and healthy school and community environments can promote personal health			✓			
	2.5.4 Describe how the school and community can support personal health practices and behaviors.			✓			
	3.5.2 Locate resources from home, school and community that provide valid health information.		✓				
	5.5.1 Identify health-related situations that might require a thoughtful decision.	✓	✓	✓	✓	✓	✓
	5.5.5 Choose a healthy option when making a decision.	✓	✓	✓	✓	✓	✓
	6.5.1 Set a personal health goal and track progress toward its achievement.	✓	✓	✓	✓	✓	✓
	7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health	✓	✓	✓	✓	✓	✓
MA Health Frameworks	3.1 Identify the key nutrients in food that supports healthy body systems and recognize that the amount of food needed changes as the body grows.	✓	✓	✓	✓	✓	✓
	3.2 Use the USDA Food Guide Pyramid (My Plate) and its three major concepts of balance, variety, and moderation to plan healthy meals and snacks.	✓	✓	✓	✓	✓	✓
	3.7 Describe how food choices are influenced by availability, individual and family preferences, media, and background, and identify healthy foods within various social groups.				✓	✓	✓
NY Health Standards/Family and Consumer Sciences	H.1 Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors	✓	✓	✓	✓	✓	✓
	H.3 Students will understand the influence of culture, media, and technology in making decisions about personal and community health		✓		✓	✓	✓

	issues. They will know about and use valid health information, products and services. Students will advocate for healthy families and communities.						
	FCS.1 Students will use an understanding of the elements of good nutrition to plan appropriate diets for themselves and others.	✓	✓	✓	✓	✓	✓
HECAT	HE 1.5.1 Name the food groups and variety of nutritious food choices for each food group.	✓	✓	✓			
	HE 1.5.2 Identify the amount of food from each food group that a child needs daily.	✓	✓				
	HE 1.5.3 Describe the benefits of eating plenty of fruits and vegetables.	✓	✓				
	HE 1.5.4 Explain the importance of eating a variety of foods from all the food groups.	✓	✓		✓		
	HE 1.5.5 Identify nutritious and non-nutritious beverages.					✓	✓
	HE 1.5.6 Describe the benefits of drinking plenty of water.				✓		
	HE 1.5.7 Identify foods that are high in fat and low in fat.		✓				✓
	HE 1.5.8 Identify alternate sources of fat.						✓
	HE 1.5.9 Identify foods that are high in sugars.		✓				
	HE 1.5.10 Identify foods that are high in sodium.					✓	
	HE 1.5.11 Describe the benefits of limiting the consumption of solid fats, added sugar and sodium.					✓	✓
	HE 1.5.12 Explain why breakfast should be eaten everyday.		✓				
	HE 1.5.15 Describe the benefits of healthy eating.	✓	✓				
	HE 2.5.1 Identify relevant influences of culture on food choices and other eating practices and behaviors.						✓
	HE 2.5.2 Identify relevant influences of peers on food choices and other eating practices and behaviors.				✓		
	HE 2.5.6 Describe how relevant influences of media and technology affect food choices and other eating practices and behaviors.						✓
	HE 5.5.1 Identify situations which need a decision related to healthy eating.		✓	✓		✓	✓
	HE 5.5.3 Explain how family, culture, peers, or media influence a					✓	✓

	decision related to healthy eating.						
	HE 5.5.5 Choose a healthy food or beverage option when making a decision related to healthy and safe eating behaviors.		✓	✓	✓	✓	✓
	HE 5.5.6 Chose a healthy food or beverage option when making a decision related to healthy eating behaviors.		✓				
	HE 6.5.1 Set a realistic personal goal related to improving healthy eating behaviors.	✓	✓	✓	✓	✓	✓
	HE 7.5.2 Demonstrate healthy eating practices and behaviors.	✓	✓	✓	✓	✓	✓
	HE 7.5.3 Make a commitment to practice healthy eating behaviors.	✓	✓	✓	✓	✓	✓
Common Core ELA Standards	CCSS.ELA-Literacy.SL.5.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.	✓	✓	✓	✓	✓	✓
	CCSS.ELA-Literacy.SL.5.1b Follow agreed-upon rules for discussions and carry out assigned roles	✓	✓	✓	✓	✓	✓
	CCSS.ELA-Literacy.SL.5.1c Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.	✓	✓	✓	✓	✓	✓
	CCSS.ELA-Literacy.CCRA.R.7 Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.	✓	✓	✓	✓	✓	✓
	CCSS.ELA-Literacy.W.5.4 Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.	✓	✓	✓	✓	✓	✓
Common Core Math Standards	CCSS.Math.Content.4.NBT.B.4 Fluently add and subtract multi-digit whole numbers using the standard algorithm.		✓			✓	
	CCSS.Math.Content.5.NBT.B.7 Add, subtract, multiply, and divide decimals to hundredths, using concrete models or drawings and strategies based on place value, properties of operations, and/or the relationship between addition and subtraction; relate the strategy to a written method and explain the reasoning used.		✓			✓	

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