



**KickinNutrition.TV Core Curriculum Alignment & Nutrition Education Health Standards:
GRADES 6-8**

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	1.81 Describe the relationship between healthy behaviors and personal health.	✓	✓	✓	✓	✓	✓
	1.8.3 Analyze how the environment affects personal health.			✓			
	1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.						✓
	3.8.2 Access valid health information from home, school and community.		✓				
	5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.	✓	✓	✓	✓	✓	✓
	5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.	✓	✓	✓	✓	✓	✓
	6.8.2 Develop a goal to adopt, maintain or improve a personal health practice.	✓	✓	✓	✓	✓	✓
	7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	✓	✓	✓	✓	✓	✓
MA Health Frameworks	3.8 List the functions of key nutrients and describe how the US Dietary Guidelines relate to health and the prevention of chronic disease throughout the life span.	✓	✓	✓	✓	✓	✓
	3.9 describe a healthy diet and adequate physical activity during the adolescent growth spurt.	✓	✓	✓	✓	✓	✓
	3.10 Describe the components of a nutrition label and how to use the information from labels to make informed decisions regarding food.		✓				
NY Health Frameworks/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,		✓		✓	✓	✓



**KickinNutrition.TV Core Curriculum Alignment & Nutrition Education Health Standards:
GRADES 6-8**

	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 1.81 Classify the amount of food from each group that a person needs each day.	✓	✓	✓			
	HE 1.8.2 Summarize a variety of nutritious food choices for each food group.	✓	✓	✓		✓	
	HE 1.8.3 Describe US Dietary Guidelines for Americans.	✓					
	HE 1.8.5 Summarize the benefits of eating plenty of fruits and vegetables.	✓	✓				
	HE 1.8.9 Identify foods that are high in fiber.		✓				✓
	HE 1.8.10 Identify examples of whole grain foods.	✓	✓				
	HE 1.8.11 Summarize the benefits of drinking plenty of water.				✓		
	HE 1.8.12 Differentiate between nutritious and non-nutritious beverages.				✓	✓	
	HE 1.8.13 Summarize the benefits of limiting the consumption of solid fat, added sugar, and sodium.					✓	✓
	HE 1.8.14 Identify food preparation methods that add less fat to food and use unsaturated fats and oils to replace solid saturated fats.	✓					✓
	HE 1.8.15 Describe the importance of eating breakfast everyday.		✓				
	HE 1.8.16 Explain the relationship between access to healthy foods and personal food choices.					✓	
	HE 1.8.17 Explain how to select healthy foods when dining out.						✓
	HE 1.8.20 Analyze the benefits of healthy eating.	✓					
	HE 2.8.6 Analyze how relevant influences of family and culture affect personal food choices and other eating practices and behaviors.				✓		
	HE 2.8.8 Analyze how relevant influences of media and technology affect food choices and other eating practices and behaviors.					✓	✓
	HE 3.8.2 Analyze the validity and reliability of nutrition products.		✓				
	HE 4.8.1 Demonstrate the use of effective verbal and nonverbal communication to avoid unhealthy food choices and promote				✓		✓



**KickinNutrition.TV Core Curriculum Alignment & Nutrition Education Health Standards:
GRADES 6-8**

	healthy food choices.						
	HE 4.8.2 Demonstrate effective peer resistance skills to avoid or reduce exposure to unhealthy food choices.				✓		
	HE 5.8.2 Determine when situations require a decision related to a healthy eating behavior.		✓	✓		✓	✓
	HE 5.8.4 Explain how family, culture, media, peers and personal beliefs affect a decision related to healthy eating behaviors.					✓	✓
	HE 5.8.5 Distinguish between healthy and unhealthy alternatives of a decision related to eating behaviors.		✓	✓	✓	✓	✓
	HE5.8.7 Choose a healthy food or beverage alternative when making a decision related to healthy eating behaviors.		✓	✓	✓	✓	✓
	HE 6.8.2. Set a realistic personal goal related to improving healthy eating behaviors.	✓	✓	✓	✓	✓	✓
	HE 7.8.3 Demonstrate healthy eating practices and behaviors.	✓	✓	✓	✓	✓	✓
	HE 7.8.4 Make a commitment to practice healthy eating behaviors.	✓	✓	✓	✓	✓	✓
Common Core: Speaking And Listening	CCSS.ELA – Literacy.CCRA.SL.1 Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others’ ideas and expressing their own clearly and persuasively.	✓	✓	✓	✓	✓	✓
Common Core: Reading	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.RST.6-8.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.		✓	✓		✓	
	CCSS.ELA-Literacy.RST.6-8.7 Integrate quantitative or technical information expressed in words in a text with a version of that information expressed visually (e.g., in a flowchart, diagram, model, graph, or table).		✓	✓		✓	
Common Core: Writing	CCSS.ELA-Literacy.W.6.3 Write narratives to develop real or imagined experiences or events using effective technique, relevant descriptive details, and well-structured event sequences.				✓		
	CCSS.ELA-Literacy.W.6.4, W.7.4, W.8.4 Produce clear and coherent writing in which the development, organization, and style are				✓		



**KickinNutrition.TV Core Curriculum Alignment & Nutrition Education Health Standards:
GRADES 6-8**

	appropriate to task, purpose, and audience.						
Common Core Reading in Science and Technical Subjects	CCSS.ELA-Literacy.RST.6-8.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	✓	✓	✓		✓	
	CCSS.ELA-Literacy.RST.6-8.1 Cite specific textual evidence to support analysis of science and technical texts.		✓				
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.6.NS.B.3 Fluently add, subtract, multiply, and divide multi-digit decimals using the standard algorithm for each operation.		✓			✓	
	CCSS.Math.Content.7.NS.A.3 Solve real-world and mathematical problems involving the four operations with rational numbers. 1		✓			✓	