

Nutrition & Physical Activity

The *HealthSmart* Nutrition & Physical Activity unit meets the following Common Core State Standards in English Language Arts for Grades 9-10.

Reading Informational Text

Standard 1

Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

Lesson 1 (Nutrients: Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water)

Lesson 3 (How Much Should I Eat?, What's on MyPlate?)

Lesson 4 (Which Food Would You Choose?)

Lesson 5 (Supersizing America, Making My Fast-Food Menu Healthier)

Lesson 8 (Time to Talk: Joining Together to Reach a Health Goal, Assessing My Eating & Physical Activity Behaviors)

Lesson 11 (Information Hunt)

Lesson 14 (Weight Loss Myths & Facts, Weight Loss: How Much Do You Really Know?)

Lesson 15 (Eating & Exercise Disorders Cards, Ways to Help a Friend)

Lesson 16 (Time to Talk: Food Safety at Home, Preventing Food-Borne Illnesses, Food-Borne Illness Detective)

Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Unit Assessment 2 (Guidelines for Developing the Health Action Plan, Health Action Plan, Peer Review Feedback Form)

Standard 2

Determine a central idea of a text and analyze its development over the course of the text; including how it emerges and is shaped and refined by specific details; provide an objective summary of the text.

Lesson 1 (Nutrients: Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water)

Lesson 3 (How Much Should I Eat?)

Lesson 4 (Which Food Would You Choose?)

Lesson 5 (Supersizing America, Making My Fast-Food Menu Healthier)

Lesson 8 (Time to Talk: Joining Together to Reach a Health Goal, Assessing My Eating & Physical Activity Behaviors)

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Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Unit Assessment 2 (Guidelines for Developing the Health Action Plan, Health Action Plan, Peer Review Feedback Form)

Standard 3

Analyze how the author unfolds an analysis or series of ideas or events, including the order in which the points are made, how they are introduced and developed, and the connections that are drawn between them.

Lesson 1 (Nutrients: Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water)

Lesson 3 (How Much Should I Eat?)

Lesson 4 (Which Food Would You Choose?)

Lesson 5 (Supersizing America, Making My Fast-Food Menu Healthier)

Lesson 8 (Time to Talk: Joining Together to Reach a Health Goal, Assessing My Eating & Physical Activity Behaviors)

Lesson 11 (Information Hunt)

Lesson 14 (Weight Loss Myths & Facts, Weight Loss: How Much Do You Really Know?)

Lesson 15 (Eating & Exercise Disorders Cards, Ways to Help a Friend)

HealthSmart Alignment to ELA Common Core State Standards Listed by Standard
High School *Nutrition & Physical Activity*

Lesson 16 (Time to Talk: Food Safety at Home, Preventing Food-Borne Illnesses, Food-Borne Illness Detective)
Unit Assessment 1 (What I Know About Nutrition & Physical Activity)
Unit Assessment 2 (Guidelines for Developing the Health Action Plan, Health Action Plan, Peer Review Feedback Form)

Standard 4

Determine the meaning of words and phrases as they are used in a text, including figurative, connotative and technical meanings; analyze the cumulative impact of specific word choices on meaning and tone.

Lesson 1 (Nutrients: Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water)
Lesson 3 (How Much Should I Eat?, What's on MyPlate?)
Lesson 4 (Which Food Would You Choose?)
Lesson 5 (Supersizing America, Making My Fast-Food Menu Healthier)
Lesson 8 (Time to Talk: Joining Together to Reach a Health Goal, Assessing My Eating & Physical Activity Behaviors)
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Standard 5

Analyze in detail how an author's ideas or claims are developed and refined by particular sentences, paragraphs or larger portions of a text.

Lesson 11 (Information Hunt)

Standard 6

Determine an author's point of view or purpose in a text and analyze how an author uses rhetoric to advance that point of view or purpose.

Lesson 11 (Information Hunt)

Standard 7

Analyze various accounts of a subject told in different mediums, determining which details are emphasized in each account.

Lesson 11 (Information Hunt)

Reading Literature

Standard 1

Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

Lesson 6 (Sharing Fitness Facts)
Lesson 9 (Physical Activity Goal Sample Plan)
Lesson 14 (Ask the Expert!)
Lesson 15 (A Friend in Trouble)
Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Standard 2

Determine a theme or central idea of a text and analyze in detail its development over the course of the text, including how it emerges and is shaped and refined by specific details; provide an objective summary of the text.

Lesson 9 (Physical Activity Goal Sample Plan)

Lesson 14 (Ask the Expert!)

Lesson 15 (A Friend in Trouble)

Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Standard 3

Analyze how complex characters develop over the course of a text, interact with other characters, and advance the plot or develop the theme.

Lesson 9 (Physical Activity Goal Sample Plan)

Lesson 14 (Ask the Expert!)

Lesson 15 (A Friend in Trouble)

Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Standard 4

Determine the meaning of words and phrases as they are used in a text, including figurative and connotative meanings; analyze the cumulative impact of specific word choices on meaning and tone.

Lesson 9 (Physical Activity Goal Sample Plan)

Lesson 14 (Ask the Expert!)

Lesson 15 (A Friend in Trouble)

Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Writing

Standard 1

Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence.

Lesson 1 (All About Nutrients)

Lesson 2 (Dietary Guidelines: How Am I Doing?)

Lesson 6 (Sharing Fitness Facts)

Lesson 8 (Assessing My Eating & Physical Activity Behaviors)

Lesson 9 (Tracking My Progress)

Lesson 11 (Information Hunt)

Lesson 12 (Influences on My Eating or Physical Activity Behaviors)

Lesson 13 (Body Image Assessment)

Lesson 14 (Ask the Expert!)

Lesson 15 (A Friend in Trouble)

Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Standard 2

Write informative/explanatory texts to examine and convey complex ideas, concepts and information clearly and accurately through the effective selection, organization and analysis of content.

Lesson 1 (6 Important Nutrients, All About Nutrients)

Lesson 2 (Dietary Guidelines: How Am I Doing?)

HealthSmart Alignment to ELA Common Core State Standards Listed by Standard
High School *Nutrition & Physical Activity*

Lesson 3 (Food Log, What's on MyPlate?, MyPlate Food Log)
Lesson 4 (Food Label Analysis)
Lesson 5 (Making My Fast-Food Meal Healthier)
Lesson 6 (Activity Log, Sharing Fitness Facts)
Lesson 7 (Physical Activity & Fitness Quiz, Physical Activity Plan)
Lesson 8 (My Daily Physical Activity Log, Assessing My Eating & Physical Activity Behaviors, My Healthy Eating or Physical Activity Goal)
Lesson 9 (Tracking My Progress)
Lesson 10 (Succeeding at Fitness)
Lesson 11 (Information Hunt)
Lesson 12 (Influences on My Eating or Physical Activity Behaviors)
Lesson 13 (Body Image Assessment)
Lesson 14 (Ask the Expert!)
Lesson 15 (A Friend in Trouble)
Lesson 16 (Food-Borne Illness Detective)
Unit Assessment 1 (What I Know About Nutrition & Physical Activity)
Unit Assessment 2 (Eating & Physical Activity Health Survey, Guidelines for Developing the Health Action Plan)

Standard 3

Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.

Lesson 6 (Sharing Fitness Facts)
Lesson 11 (Information Hunt)
Lesson 14 (Ask the Expert!)
Lesson 15 (A Friend in Trouble)
Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Standard 4

Produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.

Lesson 1 (6 Important Nutrients, All About Nutrients)
Lesson 2 (Dietary Guidelines: How Am I Doing?)
Lesson 3 (Food Log, What's on MyPlate?, MyPlate Food Log)
Lesson 4 (Food Label Analysis)
Lesson 5 (Making My Fast-Food Meal Healthier)
Lesson 6 (Activity Log, Sharing Fitness Facts)
Lesson 7 (Physical Activity & Fitness Quiz, Physical Activity Plan)
Lesson 8 (My Daily Physical Activity Log, Assessing My Eating & Physical Activity Behaviors, My Healthy Eating or Physical Activity Goal)
Lesson 9 (Tracking My Progress)
Lesson 10 (Succeeding at Fitness)
Lesson 11 (Information Hunt)
Lesson 12 (Influences on My Eating or Physical Activity Behaviors)
Lesson 13 (Body Image Assessment)
Lesson 14 (Ask the Expert!)
Lesson 15 (A Friend in Trouble)
Lesson 16 (Food-Borne Illness Detective)
Unit Assessment 1 (What I Know About Nutrition & Physical Activity)
Unit Assessment 2 (Eating & Physical Activity Health Survey, Guidelines for Developing the Health Action Plan)

Standard 5

Develop and strengthen writing as needed by planning, revising, editing, rewriting or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.

Lesson 11 (Information Hunt)

Unit Assessment 2 (Guidelines for Developing the Health Action Plan, Health Action Plan)

Standard 6

Use technology, including the Internet, to produce, publish and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.

Lesson 11 (Information Hunt)

Unit Assessment 2 (Guidelines for Developing the Health Action Plan, Health Action Plan)

Standard 7

Conduct short as well as more sustained research projects to answer a question or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

Unit Assessment 2 (Eating & Physical Activity Health Survey, Guidelines for Developing the Health Action Plan, Health Action Plan)

Standard 8

Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.

Lesson 10 (Succeeding at Fitness)

Lesson 11 (Information Hunt)

Unit Assessment 2 (Guidelines for Developing the Health Action Plan, Health Action Plan)

Standard 9

Draw evidence from literary or informational text to support analysis, reflection and research.

Lesson 1 (All About Nutrients)

Lesson 2 (Dietary Guidelines: How Am I Doing?)

Lesson 6 (Sharing Fitness Facts)

Lesson 10 (Succeeding at Fitness)

Lesson 11 (Information Hunt)

Lesson 12 (Influences on My Eating or Physical Activity Behaviors)

Lesson 14 (Ask the Expert!)

Unit Assessment 2 (Guidelines for Developing the Health Action Plan, Health Action Plan)

Speaking and Listening

Standard 1

Initiate and participate effectively in a range of collaborative discussions with diverse partners on topics, text and issues, building on others' ideas and expressing their own clearly and persuasively.

Lesson 1 (6 Important Nutrients)

Lesson 3 (MyPlate for Teens, How Much Should I Eat?)

Lesson 7 (Physical Activity & Fitness Quiz)

Lesson 8 (Time to Talk: Joining Together to Reach a Health Goal, My Eating or Physical Activity Goal)

Lesson 9 (Physical Activity Goal: Sample Plan)

Lesson 10 (Succeeding at Fitness)

Lesson 11 (Information Hunt)

Lesson 12 (Influence Analysis)

Lesson 14 (Ask the Expert!)

Lesson 15 (Eating & Exercise Disorders Cards, A Friend in Trouble)

Lesson 16 (Time to Talk: Food Safety at Home)

Unit Assessment 2 (Eating & Physical Activity Health Survey, Guidelines for Developing the Health Action Plan)

Standard 3

Evaluate a speaker's point of view, reasoning and use of evidence and rhetoric, identifying any fallacious reasoning or exaggerated or distorted evidence.

Lesson 1 (6 Important Nutrients)

Lesson 3 (MyPlate for Teens)

Lesson 7 (Physical Activity & Fitness Quiz)

Lesson 10 (Succeeding at Fitness)

Lesson 11 (Information Hunt)

Unit Assessment 2 (Peer Review Feedback Form)

Standard 4

Present information, findings and supporting evidence clearly, concisely and logically such that listeners can follow the line of reasoning and the organization, development, substance and style are appropriate to the purpose, audience and task.

Lesson 1 (6 Important Nutrients)

Lesson 3 (MyPlate for Teens)

Lesson 7 (Physical Activity & Fitness Quiz)

Lesson 8 (My Eating or Physical Activity Goal)

Lesson 10 (Succeeding at Fitness)

Lesson 11 (Information Hunt)

Lesson 12 (Influence Analysis)

Lesson 15 (Eating & Exercise Disorders Cards, A Friend in Trouble)

Unit Assessment 2 (Guidelines for Developing the Health Action Plan)

Language

Standard 3

Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.

Lesson 7 (Physical Activity & Fitness Quiz)

Unit Assessment 2 (Guidelines for Developing the Health Action Plan, Health Action Plan)

Standard 6

Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.

Lesson 1 (6 Important Nutrients, All About Nutrients)

Lesson 2 (Dietary Guidelines: How Am I Doing?)

Lesson 4 (Food Label Analysis)

Lesson 5 (Making My Fast-Food Meal Healthier)

Lesson 6 (Sharing Fitness Facts)

Lesson 7 (Physical Activity & Fitness Quiz, Physical Activity Plan)

Lesson 8 (Time to Talk: Joining Together to Reach a Health Goal, My Daily Physical Activity Log,
Assessing My Eating & Physical Activity Behaviors, My Healthy Eating or Physical Activity Goal)

Lesson 9 (Physical Activity Goal: Sample Plan, Tracking My Progress)

Lesson 10 (Succeeding at Fitness)

Lesson 11 (Information Hunt)

Lesson 12 (Influences on My Physical Activity or Eating Behaviors)

Lesson 13 (Body Image Assessment)

Lesson 14 (Ask the Expert!)

Lesson 15 (Eating & Exercise Disorders Cards, A Friend in Trouble)

Lesson 16 (Time to Talk: Food Safety at Home, Food-Borne Illness Detective)

Unit Assessment 1 (What I Know About Nutrition & Physical Activity)

Unit Assessment 2 (Eating & Physical Activity Health Survey, Guidelines for Developing the Health Action Plan,
Health Action Plan, Peer Review Feedback Form)