

# EatFit Standards & Competencies Achieved - Summary\*

Completing the main lesson activity will help achieve the middle school standards and competencies as indicated below. This brief summary does not include take home activities, lesson enhancements or food preparation.

## 1: EatFit Foundation

Math- 6: AF 2.3, SDAP 1.1; 8: PS 8.0  
Nutrition- 2, 5, 8 - all Introduce  
Health- 1  
P E- 6: 3; 8: 3 & 4

## 2: What Are You Eating?

English/Language arts- 6: R 1.1  
Science- 6: 7b; 7: 7a  
Nutrition- 1, 2, 5 all Introduce  
Health- 1

## 3: Get Psyched for Fitness

English/Language arts- 6: W 1.1, 1.2, 2.1, 2.2;  
7: W 1.2, 1.4  
Nutrition- 8 Introduce  
Health- 1  
P E- 6: 4; 7: 3 & 4; 8: 3 & 4

## 4: Energy

Mathematics- 6: NS 1.2, AF 2.2  
Science- 7: 5 b & c, 6 j  
Nutrition- 2, 5, 8 all Develop  
Health- 1, 5, 7, 9  
P E- 6: 3 & 4; 7: 3; 8: 3 & 4

## 5: Food Label Fax

Mathematics- 6: MR 1.1  
Nutrition- 2, 8, 9 Develop; 1, 2 Mastery  
Health- 1, 9  
P E- 7: 3

## 6: Got Breakfast?

Nutrition- 2, 5 Develop  
Health- 1  
P E- 7: 3

## 7: Body Work

Nutrition- 8 Develop  
Health- 1  
P E- 6: 3 & 4; 7: 3; 8: 3 & 4

## 8: EatFit @ Fast Food

Mathematics- 6: MR 1.1; 7: MR 1.1  
Nutrition- 1, 2, 8 Mastery; 2 Application, 9  
Develop  
Health- 1, 9  
P E- 7: 3

## 9: TV Training

English/Language arts- 6: L & S 1.9; 8: L & S 1.9  
Nutrition- 5 Develop  
Health- 1, 9  
P E- 7: 3

**Content Standards** assess those areas for which there is state mandated testing. These include math, science, English/language arts.

**Challenge Standards** assess those subject matter areas where local adoption of standards is optional. These include health and physical education.

**Competencies** refers to the draft nutrition competencies released on April 19, 2001.

\*These standards were correlated by Lori Mann, Education Consultant specializing in California's Department of Education Standards. Her recommended activity upgrades were implemented by Marcel Horowitz.

**Mathematics**Sixth Grade

2.3 *Algebra*: Solve problems involving rates, average speed, distance and time.

1.1 *Statistics, Data Analysis, and Probability*: Compare the range, mean, median, and mode of data sets.

Eighth Grade

8.0 Probability and Statistics: Students organize and describe distributions of data by using a number of different methods, including frequency tables, histograms, standards, line and bar graphs, stem-and-leaf displays, scatterplots, and box-and-whisker plots.

**Nutrition**

2.0 *Introduce*. Understand and practice making healthy food choices including planning and preparing snacks and meals, assessing personal needs, and applying strategies to reach personal nutrition goals.

5.0 *Introduce*. Identify and explore factors influencing food intake including family, friends, culture, marketing, emotions, sensory stimuli, and food availability.

8.0 *Introduce*. Explore factors that contribute to achieving and maintaining a healthy body and positive body image such as physical activity, food choices, genetics, and self-esteem.

**Health**

1.0 The student understands and demonstrates ways in which his or her health and well-being can be enhanced and maintained:

- Analyze the immediate and long-term effects of personal health habits on body systems.
- Analyze the ways in which physical activity contributes to their physical, mental, emotional, and social health.

**Physical Education**Sixth Grade

3.0 The student will achieve and maintain a health-enhancing level of physical fitness:

- Correctly demonstrate activities designed to improve and maintain muscular strength, endurance, flexibility, cardiorespiratory functioning, and proper body composition (the five health components of fitness).

Eighth Grade

3.0 The student will achieve and maintain a health-enhancing level of physical fitness:

- Describe how to improve and maintain appropriate body composition.
- 4.0 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression:
- Describe long-term physiological, psychological, and other benefits that may result from regular participation in physical activity.

**English/Language Arts**Sixth Grade*Reading*

1.1 Read aloud narrative and expository text fluently and accurately and with appropriate pacing, intonation, and expression.

## Science

### Sixth and Seventh Grades

6: 7b & 7: 7a *Investigation and Experimentation*. Select and use appropriate tools and technology (including calculators, computers, balances, spring scales, microscopes, and binoculars) to perform tests, collect data, and display data.

## Nutrition

1.0 *Introduce*. Know and apply the Food Guide Pyramid, 2000 Dietary Guidelines for Americans, recommended daily number of servings, serving sizes, and nutrient types and functions.

2.0 *Introduce*. Understand and practice making healthy food choices including planning and preparing snacks and meals, assessing personal needs, and applying strategies to reach personal nutrition goals.

5.0 *Introduce*. Identify and explore factors influencing food intake including family, friends, culture, marketing, emotions, sensory stimuli, and food availability.

## Health

### Seventh Grade

1.0 The student understands and demonstrates ways in which his or her health and well-being can be enhanced and maintained:

- Analyze the immediate and long-term effects of personal health habits on body systems.
- Set personal goals for developing and maintaining a healthy lifestyle.

Lesson 3: Get Psychat for Fitness

## English/Language Arts

### Sixth Grade

#### *Writing*

1.1 Choose the form of writing (e.g., personal letter, letter to the editor, review, poem, report, narrative) that best suits the intended purpose.

1.2 Create multiple-paragraph expository compositions.

2.1 Write narratives.

2.2 Write expository compositions (e.g., description, explanation, comparison and contrast, problem and solution).

### Seventh Grade

#### *Writing*

1.2 Support all statements and claims with anecdotes, descriptions, facts and statistics, and specific examples.

1.4 Identify topics; ask and evaluate questions; and develop ideas leading to inquiry, investigation, and research.

## Nutrition

8.0 *Introduce*. Explore factors that contribute to achieving and maintaining a healthy body and positive body image such as physical activity, food choices, genetics, and self-esteem.

## Health

1.0 The student understands and demonstrates ways in which his or her health and well-being can be enhanced and maintained:

- Explore the wide variety of healthful food choices available in all cultures.
- Set personal goals for developing and maintaining a healthy lifestyle.

## Physical Education

### Sixth Grade

- 4.0 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression:
- Participate in a variety of physical activities, both in and out of school, based upon individual interests and capabilities.

### Seventh Grade

- 3.0 The student will achieve and maintain a health-enhancing level of physical fitness.
- Establish and monitor personal physical activity goals.
  - Assess, set, and meet current health-related fitness standards as defined by fitness testing.
- 4.0 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression:
- Describe the relationship between a healthy lifestyle and physical, emotional, and social well-being.

### Eighth Grade

- 3.0 The student will achieve and maintain a health-enhancing level of physical fitness:
- Describe how to improve and maintain appropriate body composition.
  - Design personal health-related fitness programs based upon a fitness profile assessed by fitness scores.
- 4.0 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.
- Establish personal activity goals.
  - Describe long-term physiological, psychological, and other benefits that may result from regular participation in physical activity.

## Lesson 4 Energy

## Mathematics

### Sixth Grade

- 1.2 *Number Sense*: Interpret and use ratios in different contexts (e.g., batting averages, miles per hour) to show the relative sizes of two quantities, using appropriate notations ( $a/b$ ,  $a$  to  $b$ ,  $a:b$ ).
- 2.2 *Algebra and Functions*: Demonstrate an understanding that rate is a measure of one quantity per unit value of another quantity.

## Science

### Seventh Grade

5. *Structure and Function in Living Systems*. The anatomy and physiology of plants and animals illustrate the complementary nature of structure and function. As a basis for understanding this concept:
- Students know organ systems function because of the contributions of individual organs, tissues, and cells. The failure of any part can affect the entire system.
  - Students know how bones and muscles work together to provide a structural framework for movement.
6. *Physical Principles in Living Systems (Physical Science)*. Physical principles underlie biological structures and functions. As a basis for understanding this concept:
- Students know that contractions of the heart generate blood pressure and that heart valves prevent backflow of blood in the circulatory system.

## **Nutrition**

2.0 *Develop.* Understand and practice making healthy food choices including planning and preparing snacks and meals, assessing personal needs, and applying strategies to reach personal nutrition goals.

5.0 *Develop.* Identify and explore factors influencing food intake including family, friends, culture, marketing, emotions, sensory stimuli, and food availability.

8.0 *Develop.* Explore factors that contribute to achieving and maintaining a healthy body and positive body image such as physical activity, food choices, genetics, and self-esteem.

## **Health**

### Sixth Grade

1.0 The student understands and demonstrates ways in which his or her health and well-being can be enhanced and maintained:

- Analyze the immediate and long-term effects of personal health habits on body systems.
- Explore the wide variety of healthful food choices available in all cultures.
- Set personal goals for developing and maintaining a healthy lifestyle.

5.0 The student will understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with peers:

- Recognize his or her role in promoting positive health behaviors among peers.

7.0 The student will understand individual differences in growth and development:

- Identify consequences of not having a realistic body image, such as dieting and eating disorders.

9.0 The student will know how to identify products, services, and information that may be helpful or harmful to his or her health:

- Identify a variety of consumer influences and analyze how those influences affect decisions.

## **Physical Education**

### Sixth Grade

3.0 The student will achieve and maintain a health-enhancing level of physical fitness:

- Keep a record of heart rate before, during, and after vigorous physical activity.
- Engage in physical activity at the target heart rate for a minimum of 20 minutes.
- Correctly demonstrate activities designed to improve and maintain muscular strength, endurance, flexibility, cardiorespiratory functioning, and proper body composition (the five health components of fitness).

4.0 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression:

- Participate in a variety of physical activities, both in and out of school, based upon individual interests and capabilities.
- Participate daily in some form of health-enhancing physical activity and identify the benefits resulting from this participation.

### Seventh Grade

3.0 The student will achieve and maintain a health-enhancing level of physical fitness:

- Participate in vigorous activity for a sustained period of time (at least 20 minutes), at least three times per week, while maintaining a target heart rate.
- Establish and monitor personal physical activity goals.
- Assess, set, and meet current health-related fitness standards as defined by fitness testing.

### Eighth Grade

3.0 The student will achieve and maintain a health-enhancing level of physical fitness:

- Describe how to improve and maintain appropriate body composition.
- Assess physiological indicators of exercise during and after physical activity.
- Engage in physical activity at the target heart rate for a minimum of 20 minutes three times a week.

4.0 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression:

- Establish personal activity goals.
- Participate in regular health-enhancing activities to accomplish personal physical activity goals.
- Become more skilled in a favorite physical activity.
- Describe long-term physiological, psychological, and other benefits that may result from regular participation in physical activity.

## Lesson 6: Food Label Fax

### Mathematics

#### Sixth Grade

1.1 *Mathematical Reasoning*. Analyze problems by identifying relationships, distinguishing relevant from irrelevant information, identifying missing information, sequencing and prioritizing information, and observing patterns.

### Nutrition

1.0 *Mastery*. Know and apply the Food Guide Pyramid, *2000 Dietary Guidelines for Americans*, recommended daily number of servings, serving sizes, and nutrient types and functions.

2.0 *Develop*. Understand and practice making healthy food choices including planning and preparing snacks and meals, assessing personal needs, and applying strategies to reach personal nutrition goals.

2.0 *Mastery*. Evaluate the short and long term health benefits and risks of food choices and eating behaviors using the Food Guide Pyramid, *Dietary Guidelines for Americans*, and Nutrition Facts labels.

8.0 *Develop*. Explore factors that contribute to achieving and maintaining a healthy body and positive body image such as physical activity, food choices, genetics, and self-esteem.

9.0 *Develop*. Identify and know how to access scientifically valid nutrition information and nutrition services.

### Health

1.0 The student understands and demonstrates ways in which his or her health and well-being can be enhanced and maintained:

- Analyze the immediate and long-term effects of personal health habits on body systems.
- Set personal goals for developing and maintaining a healthy lifestyle.

9.0 The student will know how to identify products, services, and information that may be helpful or harmful to his or her health:

- Identify reliable sources of nutrition information.

### Physical Education

#### Seventh Grade

3.0 The student will achieve and maintain a health-enhancing level of physical fitness:

- Establish and monitor personal physical activity goals.

## Lesson 6: Got Breakfast?

### Nutrition

2.0 *Develop*. Understand and practice making healthy food choices including planning and preparing snacks and meals, assessing personal needs, and applying strategies to reach personal nutrition goals.

5.0 *Develop*. Identify and explore factors influencing food intake including family, friends, culture, marketing, emotions, sensory stimuli, and food availability.

## Health

- 1.0 The student understands and demonstrates ways in which his or her health and well-being can be enhanced and maintained:
- Analyze the immediate and long-term effects of personal health habits on body systems.
  - Set personal goals for developing and maintaining a healthy lifestyle.

## Physical Education

### Seventh Grade

- 3.0 The student will achieve and maintain a health-enhancing level of physical fitness:
- Establish and monitor personal physical activity goals.

## Lesson 7: Body Work

## Nutrition

8.0 *Develop.* Explore factors that contribute to achieving and maintaining a healthy body and positive body image such as physical activity, food choices, genetics, and self-esteem.

## Health

- 1.0 The student understands and demonstrates ways in which his or her health and well-being can be enhanced and maintained:
- Analyze the immediate and long-term effects of personal health habits on body systems.
  - Explore the wide variety of healthful food choices available in all cultures.
  - Set personal goals for developing and maintaining a healthy lifestyle.

## Physical Education

### Sixth Grade

- 3.0 The student will achieve and maintain a health-enhancing level of physical fitness:
- Engage in physical activity at the target heart rate for a minimum of 20 minutes.
  - Correctly demonstrate activities designed to improve and maintain muscular strength, endurance, flexibility, cardiorespiratory functioning, and proper body composition (the five health components of fitness).
- 4.0 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression:
- Participate in a variety of physical activities, both in and out of school, based upon individual interests and capabilities.
  - Participate daily in some form of health-enhancing physical activity and identify the benefits resulting from this participation.

### Seventh Grade

- 3.0 The student will achieve and maintain a health-enhancing level of physical fitness:
- Participate in vigorous activity for a sustained period of time (at least 20 minutes), at least three times per week, while maintaining a target heart rate.
  - Establish and monitor personal physical activity goals.

### Eighth Grade

- 3.0 The student will achieve and maintain a health-enhancing level of physical fitness:
- Engage in physical activity at the target heart rate for a minimum of 20 minutes three times a week.
- 4.0 The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression:
- Establish personal activity goals.
  - Participate in regular health-enhancing activities to accomplish personal physical activity goals.
  - Become more skilled in a favorite physical activity.





## **Nutrition**

5.0 *Develop.* Identify and explore factors influencing food intake including family, friends, culture, marketing, emotions, sensory stimuli, and food availability.

## **Health**

1.0 The student understands and demonstrates ways in which his or her health and well-being can be enhanced and maintained:

- Analyze the immediate and long-term effects of personal health habits on body systems.

9.0 The student will know how to identify products, services, and information that may be helpful or harmful to his or her health:

- Identify a variety of consumer influences and analyze how those influences affect decisions.

## **Physical Education**

### Seventh Grade

3.0 The student will achieve and maintain a health-enhancing level of physical fitness:

- Establish and monitor personal physical activity goals.