

Bon Appetit:

Correlation to National Science Education Standards:

<p>National Standards to which this program aligns</p>	<p>National NS.K-4. LIFE SCIENCE As a result of the activities in grades K-4, all students should develop an understanding about characteristics of organisms.</p> <p>NS.K-4. SCIENCE IN PERSONAL AND SOCIAL PERSPECTIVES As a result of the activities in grades K-4, all students should develop an understanding of personal health.</p> <p>NS.5-8.SCIENCE IN PERSONAL AND SOCIAL PERSPECTIVES As a result of their activities in grades 5-8, all students should develop an understanding of personal health.</p> <p>NS.5-8 LIFE SCIENCE As a result of their activities in grades 5-8, all students should develop an understanding about structure and function in living systems.</p>
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Correlation to Missouri's Frameworks for Curriculum Development in Health/Physical Education K-8

I. Functions and Interrelationships of Systems

K-4 A. Body Systems

1. The ability to live, work and play depends upon the healthy functioning of body systems.
9. The digestive system processes food into a form the body can use for growth and internal functioning. It also removes solid waste from the body.

5-8 A. Body Systems

1. Human body systems do not exist in isolation. Their optimal functioning depends upon their

interdependence. When system failure occurs in one, it ultimately causes problems for other body systems.

B. Social Systems

2. Family, friends and culture can influence personal health practices.

II. Health Maintenance and Enhancement

K-4 B. Nutrition Principles and Practices

1. Basic principles of nutrition (food sources, the food pyramid and essential nutrients) are necessary for an understanding of how nutrition and health are interrelated.

2. Balance, variety and moderation in the diet will enhance and promote health.

3. Food provides energy for the human body to work, grow and perform daily routines.

4. Food choices are influenced by availability, family preferences, and culture, e.g., nationality, religion, heritage.

D. Life Management Skills

1. Basic life management includes skills in decision-making, problem solving, goal setting, refusal and stress management.

5-8 B. Nutrition Principles and Practices

1. Fats provide the body with a stored form of energy, warmth and insulation for body organs. Carbohydrates provide the body with an immediate source of energy. Protein helps the body grow, makes muscles strong and repairs body tissues. Vitamins and minerals help to release energy and help the body perform many functions including fighting infections, making strong bones and teeth, etc.

2. Nutrients are used by the body for energy, growth, repair, and cellular needs.

3. The food pyramid is a graphic representation of daily nutrient needs and the food groupings that can provide them.
4. Nutrient needs change as they grow.
5. Balance, moderation and variety are important concepts to be considered when making food choices.
6. Food choices are influenced by their culture, family, emotions and by peers and the media.
7. Food choices and concerns regarding body image affect body composition and optimal health.
8. Food labels can be analyzed to determine calories and nutrients in a product plus serving size, types of ingredients and nutritional value.

III. Risk Assessment and Reduction

5-8 A. Disease Prevention and Control

7. Health behaviors practiced during adolescence can reduce the risk of disease formation or transmission.

V. Physical Activity and Lifetime Wellness

K-4 A. Personal Fitness/Wellness

6. Wellness is developing a positive attitude and quality of life that involves proper diet, exercise and a balance between work, recreation and family time.

Correlation to Missouri's Frameworks for Curriculum Development in Science Education K-8

VII. Living Systems

K-4 B. Life Processes

2. Most organisms require a variety of materials including food, water, air and a suitable environment for survival. Animals obtain energy and nutrients from plants or other animals.

3. Organisms are composed of parts that work together and exhibit behaviors that ensure the survival of the whole organism.

E. Adaptation/Evolution

1. Organisms have parts that enable them to live and survive in the world.

5-8 B. Life Processes

1. Energy is needed for living cells to carry out all the processes of life.