Science

K.P.2.1 Classify objects by observable physical properties (including

size, color, shape, texture, weight and flexibility).

3.P.2.3 Summarize changes that occur to the observable properties of

materials when different degrees of heat are applied to them,

such as melting ice or ice cream, boiling water or an egg, or

freezing water.

3.L.1.1 Compare the different functions of the skeletal and muscular

system.

3.L.1.2 Explain why skin is necessary for protection and for the body

to remain healthy.

4.L.2.1 Classify substances as food or non-food items based on their

ability to provide energy and materials for survival, growth

and repair of the body.

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4.L.2.2 Explain the role of vitamins, minerals and exercise in

maintaining a healthy body.

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ability to provide energy and materials for survival, growth

and repair of the body.

4.L.2.2 Explain the role of vitamins, minerals and exercise in

maintaining a healthy body.

5.L.1.2 Compare the major systems of the human body (digestive,

respiratory, circulatory, muscular, skeletal, and

cardiovascular) in terms of their functions necessary for life.

Health

1.NPA.1.1 Select a variety of foods based on MyPlate.

1.NPA.1.2 Contrast more nutrient dense foods from those that are less nutrient dense.

1.NPA.2 Understand the importance of

consuming a variety of nutrient

dense foods and beverages in

moderation.

1.NPA.2.1 Classify the sources of a variety of foods.

1.NPA.2.2 Select healthy alternatives to foods and beverages that are high in sugar.

1.NPA.3 Remember fitness concepts to

enhance quality of life.

1.NPA.3.1 Recognize the benefits of physical activity.

1.NPA.3.2 Recall fitness and recreation activities that can be used during out of school hours.

Language Arts

[CCSS.ELA-LITERACY.RI.K.1](http://www.corestandards.org/ELA-Literacy/RI/K/1/)  
With prompting and support, ask and answer questions about key details in a text.

[CCSS.ELA-LITERACY.RI.1.4](http://www.corestandards.org/ELA-Literacy/RI/1/4/)  
Ask and answer questions to help determine or clarify the meaning of words and phrases in a text.

[CCSS.ELA-LITERACY.RI.2.2](http://www.corestandards.org/ELA-Literacy/RI/2/2/)  
Identify the main topic of a multiparagraph text as well as the focus of specific paragraphs within the text.

[CCSS.ELA-LITERACY.RI.3.5](http://www.corestandards.org/ELA-Literacy/RI/3/5/)  
Use text features and search tools (e.g., key words, sidebars, hyperlinks) to locate information relevant to a given topic efficiently.

[CCSS.ELA-LITERACY.RI.4.2](http://www.corestandards.org/ELA-Literacy/RI/4/2/)  
Determine the main idea of a text and explain how it is supported by key details; summarize the text.

[CCSS.ELA-LITERACY.RI.5.1](http://www.corestandards.org/ELA-Literacy/RI/5/1/)  
Quote accurately from a text when explaining what the text says explicitly and when drawing inferences from the text.

[CCSS.ELA-LITERACY.RI.5.2](http://www.corestandards.org/ELA-Literacy/RI/5/2/)  
Determine two or more main ideas of a text and explain how they are supported by key details; summarize the text.