



## STANDARDS ALIGNMENT

The activities in this program align with the following state curricular standards.

### **New Jersey Core Curriculum Standards for Elementary Science:**

- Science Practices. Understand Scientific Explanations: Students understand core concepts and principles of science and use measurement and observation tools to assist in categorizing, representing, and interpreting the natural and designed world.
- Life Science. Matter and Energy Transformations: Food is required for energy and building cellular materials. Organisms in an ecosystem have different ways of obtaining food, and some organisms obtain their food directly from other organisms.

### **New York Core Standards for Elementary Science:**

- **Key Idea 5:** Organisms maintain a dynamic equilibrium that sustains life.  
*Performance Indicator 5.3.* Describe the factors that help promote good health and growth in humans.  
Major Understandings:
  - 5.3a Humans need a variety of healthy foods, exercise, and rest in order to grow and maintain good health.
  - 5.3b Good health habits include hand washing and personal cleanliness; avoiding harmful substances (including alcohol, tobacco, illicit drugs); eating a balanced diet; engaging in regular exercise.

### **Pennsylvania Academic Standards for Health, Safety, & Physical Education:**

- Identify and know the location and function of the major body organs and systems.
  - circulatory
  - respiratory
  - muscular
  - skeletal
  - digestive
- Explain the role of the food guide pyramid in helping people eat a healthy diet.
  - food groups
  - number of servings
  - variety of food
  - nutrients