

# *Cheering for Healthy Choices*

## *National Education Standards*

*(Includes Book, Follow Up Activity, and Lesson Plan)*

### *English Language Arts*

#### **NL-ENG.K-12.1**

#### **Reading for Perspective**

- Students read a wide range of print and non-print texts to build an understanding of texts, of themselves, and of the cultures of the United States and the world; to acquire new information; to respond to the needs and demands of society and the workplace; and for personal fulfillment. Among these texts are fiction and non-fiction, classic and contemporary works.

#### **NL-ENG.K-12.3**

#### **Evaluation Strategies**

- Students apply a wide range of strategies to comprehend, interpret, evaluate and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics).

#### **NL-ENG.K-12.4**

#### **Communication Skills**

- Students adjust their use of spoken, written, and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.

#### **NL-ENG.K-12.12**

#### **Applying Language Skills**

- Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information).

### *Health*

#### **NPH-H.K-4.1**

#### **Health Promotion & Disease Prevention**

Students comprehend concepts related to health promotion and disease prevention:

- Describe relationships between personal health behaviors and individual well-being.

#### **NPH-H.K-4.3**

#### **Reducing Health Risks**

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks:

- Identify responsible health behaviors.
- Identify personal health needs.
- Demonstrate strategies to improve or maintain personal health.

#### **NPH-H.K-4.7**

#### **Health Advocacy**

Students will demonstrate the ability to advocate for personal, family, and community health:

- Describe a variety of methods to convey accurate health information and ideas.
- Demonstrate the ability to influence and support others in making positive health choices.

### *Physical Education*

#### **NPH-H.K-12.7**

#### **Understanding Challenge**

A physically educated student:

- Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

*Science*

<b>NS.K-4.6</b>	<b>Personal and Social Perspectives</b>
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**As a result of activities in grades K-4, all students should develop an understanding of:**

- Personal health
  - Individuals have some responsibility for their own health. Students should engage in personal care—dental hygiene, cleanliness, and exercise—that will maintain and improve health. Understandings include how communicable diseases, such as colds, are transmitted and some of the body’s defense mechanisms prevent or overcome illness.
  - Nutrition is essential to health. Students should understand how the body uses food and how various foods contribute to health. Recommendations for good nutrition include eating a variety of foods, eating less sugar, and eating less fat.