

Simply Science™ • Aligns with National and State Standards

Health

Standard	How Simply Science Aligns
<p>Health</p> <ul style="list-style-type: none">• Understands essential concepts about nutrition and diet.	<ul style="list-style-type: none">• Knows some foods are more nutritious than other foods. (Ch. 1)• Classifies foods into food groups. (Ch. 1)• Knows what foods are in the food pyramid (Ch. 1)• Knows healthy eating practices. (Ch 1)• Knows eating healthy can reduce health risks (Ch 1)• Understands the influence of food choices for person's well-being. (Ch. 1)• Knows about healthy breakfasts, lunches and snacks (Ch. 1)• Knows too much sugar leads to dental cavities. (Ch. 1)• Knows food provides energy and materials for growth and repair of body parts. (Ch. 1)• Identifies proteins, carbohydrates, fats that are important for growth and development (Ch. 1)
<ul style="list-style-type: none">• Knows how to maintain and promote personal health.	<ul style="list-style-type: none">• Performs personal hygiene skills.. (Ch. 2)• Knows basic personal hygiene habits required to maintain health. (Ch. 3)• Knows how to be safe when exercising (Ch. 2)

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(continued)

Standard	How Simply Science Aligns
Health • Knows how to maintain and promote personal health. (continued)	<ul style="list-style-type: none">• Sets personal exercise goals (Ch. 2)• Knows how to keep body healthy (Ch. 1-3, 5)• Knows that germs cause illness (Ch. 4)• Knows how germs are spread (Ch. 2, 4)• Knows how to prevent the spread of germs (Ch. 2, 4)• Knows common health problems of children (Ch. 4)• Understands that skin is a defense against germs entering the body (Ch. 3)
