

California Department of Education Competency Standards:

*Linking Language Arts, Mathematics,
Science, History/Social Studies and
Physical Activity to FOOD & ME
and FITNESS & ME activities*





Relationships of FOOD & ME and FITNESS & ME to the California Standards: *Language Arts, Mathematics, Science, History/Social Studies, and Physical Activity.*

	Language Arts	Mathematics	Science	History and Social Studies	Physical Activity
All Kinds of Foods Help Us Grow and Learn	●	●	●		
Where Do Foods Come From?	●	●	●	●	
We Can Grow A Garden	●		●		
Delicious Discoveries		●	●	●	
Using Our Senses To Learn About Food	●	●	●		
The Wonderful World of Food	●	●	●		
Let's Celebrate with Food!	●	●	●	●	
Food is Fun to Make and Eat!	●	●	●		
Food Gives Us Energy to Move!	●	●			●
Story Time: I Wonder	●				
Musical Movement	●		●	●	●
Body Basics	●	●	●		●

The standards listed are what a child should achieve by the end of Kindergarten. Preschool activities should provide linkages to these standards to help prepare the child for school success.

Lesson 1: All Kinds of Foods Help Us Grow and Learn!

Activity 1: Identifying the Foods We Eat

Language Arts:

Listening and Speaking Strategies

- 1.1 Understand and follow one and two step directions.
- 1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Word Analysis, Fluency and Vocabulary Development

- 1.17 Identify and sort common words into basic categories.
- 1.18 Describe common objects and events in both general and specific language.

Mathematics:

Algebra and Functions

- 1.0 Identify, sort, and classify objects by attribute and identify which objects do not belong to a particular group.

Activity 2: What Helps My Body Grow?

& Literature Connection

Language Arts:

Listening and Speaking Strategies

- 1.1 Understand and follow one and two step directions.
- 1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Reading Comprehension

- 2.3 Connect the information and events in books to life experiences.

Mathematics:

Algebra and Functions

- 1.0 Identify, sort, and classify objects by attribute and identify which objects do not belong to a particular group.

Statistics, Data Analysis, and Probability

- 1.1 Pose informational questions, collect data, and then record the results using objects, pictures and/or picture graphs.

Activity 3: What's in my Taco?

& Math Connection

Language Arts:

Listening and Speaking Strategies

- 1.1 Understand and follow one and two step directions.
- 1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Science:

Different types of plants and animals inhabit the earth

- 2.c Know how to identify major structures of common plants and animals.

Mathematics:

Algebra and Functions

- 1.0 Identify, sort, and classify objects by attribute and identify which objects do not belong to a particular group.

Lesson 2: Where Do Foods Come From?

Activity 1: Find the Plant Parts & Social Studies & Literature Connections

Science:

Different types of plants and animals inhabit the earth

- 2.a Know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.
- 2.c Know how to identify major structures of common plants and animals.

History/Social Science:

- K 3.0 Students match simple descriptions of work that people do and the names of related jobs.

Activity 2: Tossed and Turned

Activity 3: What Foods Come from Animals? & Art/Writing Connection



Science:

Different types of plants and animals inhabit the earth

- 2.a Know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.
- 2.c Know how to identify major structures of common plants and animals.

Language Arts:

Reading Comprehension

- 2.1 Locate the title, name of author, and illustrator in books.
- 2.2 Use pictures and context to make predictions about the story content.

- 2.5 Ask and answer questions about essential elements of a book.

Literacy Response and Analysis

- 3.1 Distinguish fantasy from reality.

Listening and Speaking Strategies

- 1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Mathematics:

Algebra and Functions

- 1.0 Identify, sort, and classify objects by attribute and identify which objects do not belong to a particular group.

History/Social Science:

- K6.3 Understand how people lived earlier times and how their lives would be different today.

Lesson 3: We Can Grow A Garden

Activity 1: Start with a Seed

Activity 2: Grow a Salad Garden

Activity 3: Grow a Pizza Garden

& Literature/Ecology/Music & Science

Connections

Science:

Different types of plants and animals inhabit the earth

- 2.a Know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.
- 2.c Know how to identify major structures of common plants and animals.

Investigation and Experimentation

- 4.a Observe common objects by using five senses.
- 4.b Describe the properties of common objects.

Language Arts:

Listening and Speaking Strategies

- 1.1 Understand and follow one and two step directions.
- 1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Reading Comprehension

- 2.3 Connect the information and events in books to life experiences.
- 2.4 Retell familiar stories.



Lesson 4: Delicious Discoveries

Activity 1: Take a "Field" Trip

Science:

Different types of plants and animals inhabit the earth

- 2.a Know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.
- 2.c Know how to identify major structures of common plants and animals.

Mathematics:

Algebra and Functions

- 1.0 Identify, sort, and classify objects by attribute and identify which objects do not belong to a particular group.

Activity 3: Have a Tasting Party

Science:

Different types of plants and animals inhabit the earth

Activity 2: Food Detectives at the Supermarket & Dramatic-Play Connection

2.a Know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.

2.c Know how to identify major structures of common plants and animals.

Investigation and Experimentation

4.a Observe common objects by using five senses.

4.b Describe the properties of common objects.



Activity 4: From Farm to Table & Literature & Writing Connections

History/Social Science:

K3.0 Students match descriptions of work that people do and the names of related jobs.

Science:

Different types of plants and animals inhabit the earth

2.a Know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.

2.c Know how to identify major structures of common plants and animals.

Investigation and Experimentation

4.a Observe common objects by using five senses.

4.b Describe the properties of common objects.

Lesson 5: Using Our Senses to Learn About Food

Activity 1: The Nose Knows!
& Connecting Social Science

Science:

Investigation and Experimentation

4.a Observe common objects by using five senses.

4.b Describe the properties of common objects.

4.e Communicate observations orally.

Language Arts:

Listening and Speaking Strategies

1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Activity 2: Colorful Foods
& Connecting Writing

Language Arts:

Listening and Speaking Strategies

1.1 Understand and follow one and two step directions.

1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Science:

Investigation and Experimentation

4.d Compare and sort common objects by one physical attribute.

Activity 3: That Noisy Vegetable Group!
& Connecting Puppets

Science:

Investigation and Experimentation

4.a Observe common objects by using five senses.

4.b Describe the properties of common objects.



4.d Compare and sort common objects by one physical attribute.

4.e Communicate observations orally.

Mathematics:

Statistics, Data Analysis, and Probability

1.1 Pose informational questions, collect data, and then record the results using objects, pictures and/or picture graphs.

Language Arts:

Writing Strategies

1.1 Use letters and phonetically spelled words to write about experiences, stories, people, objects or events.

1.3 Write by moving from left to right and from top to bottom on the paper.

1.4 Write using uppercase and lowercase letters and attend to the form and proper spacing of letters.

Literacy Response and Analysis

3.1 Distinguish fantasy from reality.

Lesson 6: The Wonderful World of Food

Activity 1: Bread, Bread, Bread & Cooking Connection

Science:

Investigation and Experimentation

- 4.a Observe common objects by using five senses.
- 4.b Describe the properties of common objects.
- 4.d Compare and sort common objects by one physical attribute.
- 4.e Communicate observations orally.

Language Arts:

Reading Comprehension

- 2.1 Locate the title, name of author, and illustrator.
- 2.2 Use pictures and context to make predictions about the story content.
- 2.3 Connect the information and events in books to life experiences.
- 2.5 Ask and answer questions about essential elements of a book.

Activity 2: Everybody Cooks Rice & Connecting Art

Language Arts:

Reading Comprehension

- 2.1 Locate the title, name of author, and illustrator.
- 2.2 Use pictures and context to make predictions about the story content.



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- 2.3 Connect the information and events in books to life experiences.
- 2.4 Retell familiar stories.
- 2.6 Ask and answer questions about essential elements of a book.

Writing Strategies

- 1.1 Use letters and phonetically spelled words to write about experiences, stories, people, objects or events.
- 1.3 Write by moving from left to right and from top to bottom on the paper.
- 1.4 Write using uppercase and lowercase letters and attend to the form and proper spacing of letters.

Mathematics:

Statistics, Data Analysis, and Probability

- 1.1 Pose informational questions, collect data, and then record the results using objects, pictures and/or picture graphs.

Activity 3: The Milk Makers & Connecting Cooking

Science:

Different types of plants and animals inhabit the earth

- 2.a Know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.

Language Arts:

Reading Comprehension

- 2.1 Locate the title, name of author, and illustrator.
- 2.2 Use pictures and context to make predictions about the story content.
- 2.5 Connect the information and events in books to life experiences.

Lesson 7: Let's Celebrate with Food!

Activity 1: A Birthday Basket for Tia

Activity 2: Thanksgiving Day & Connecting Dramatic Play, Social Studies and Literature

Language Arts:

Reading Comprehension

- 2.1 Locate the title, name of author, and illustrator.
- 2.2 Use pictures and context to make predictions about the story content.
- 2.5 Connect the information and events in books to life experiences.

Mathematics:

Statistics, Data Analysis, and Probability

- 1.1 Pose informational questions, collect data, and then record the results using objects, pictures and/or picture graphs.

History/Social Science:

- K6.1 Identify the purposes of and the people and events honored in commemorative holidays including human struggles that were the basis for the events.

Activity 3: Stone Soup & Connecting Language and Sorting Skills

History/Social Science:

K6.1 Identify the purposes of and the people and events honored in commemorative holidays including human struggles that were the basis for the events.



Science:

Properties of materials can be observed, measured and predicted.

1.a Know that objects can be described in terms of the materials they are made of.

Investigation and Experimentation

4.a Observe common objects by using the five senses.

4.b Describe the properties of common objects.

4.d Compare and sort common objects by one physical attribute.

4.e Communicate observations orally and through drawings.

Lesson 8: Food is Fun to Make and Eat!

Activity 1: Fruit and Vegetable Dippers & Connecting Literature

Language Arts:

Listening and Speaking Strategies

1.1 Understand and follow one and two step directions.

1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Reading Comprehension

2.1 Locate the title, name of author, and illustrator.

2.2 Use pictures and context to make predictions about the story content.

2.5 Connect the information and events in books to life experiences.

Science:

Investigation and Experimentation

4.a Observe common objects by using the five senses.

4.b Describe the properties of common objects.

4.d Compare and sort common objects by one physical attribute.

4.e Communicate observations orally and through drawings.



2.a Know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.

2.b Know how to identify major structures of common plants and animals.

Activity 3: Delicious, Nutritious Whole-Wheat Scones & Connecting Literature

Mathematics:

Measurement and Geometry

1.1 Compare the length, weight, and capacity of objects.

Language Arts:

Listening and Speaking Strategies

1.1 Understand and follow one and two step directions.

1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Science:

Investigation and Experimentation

4.a Observe common objects by using the five senses.

4.b Describe the properties of common objects.

4.c Describe the relative position of objects by using one reference.

Activity 2: Rice is Nice! & Connecting Science

Mathematics:

Measurement and Geometry

1.1 Compare the length, weight, and capacity of objects.

Science:

Different types of plants and animals inhabit the earth

- 4.d Compare and sort common objects by one physical attribute.
- 4.e Communicate observations orally and through drawings.
- Properties of Materials can be observed, measured and predicted
- 1.b Know that water can be a liquid or a solid and can be made to change back and forth from one form to the other.

Activity 4: Let's Plan a Picnic!
& Connecting Literature

Mathematics:

Algebra and Functions

- 1.0 Identify, sort, and classify objects by attribute and identify which objects do not belong to a particular group.

Language Arts:

Listening and Speaking Strategies

- 1.1 Understand and follow one and two step directions.
- 1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Reading Comprehension

- 2.1 Locate the title, name of author, and illustrator.
- 2.2 Use pictures and context to make predictions about the story content.
- 2.5 Connect the information and events in books to life experiences.

Word Analysis, Fluency and Vocabulary Development

- 1.17 Identify and sort common words into basic categories.
- 1.18 Describe common objects and events in both general and specific language.

Lesson 9: Food Gives Us Energy to Move!

Activity 1: What Gives Us Energy?

Activity 2: Pop, Pop, Pop

Activity 3: Jiggle, Jiggle, Jiggle Like Gelatin

Activity 4: The Kitchen Band

Activity 5: Sing About How Foods Grow

Language Arts:

Listening and Speaking Strategies

- 1.1 Understand and follow one and two step directions.
- 1.2 Share information and ideas, speaking audibly in complete, coherent sentences.

Science:

Properties of materials can be observed, measured, and predicted.

- 1 a Students know objects can be described in terms of materials they are made of and their physical properties.



Story Time: I Wonder



Language Arts:

Reading Comprehension

- 2.1 Locate the title, name of author, and illustrator.
- 2.2 Use pictures and context to make predictions about the story content.
- 2.3 Connect the information and events in books to life experiences.

Musical Movement

Activity 1: Beat the Music

Language Arts:

Listening and Speaking Strategies

- 1.1 Understand and follow one and two step directions.

Physical Education:

Movement Skills and Movement Knowledge

- Travel in different ways in a large group without bumping into others or falling.
- Balance while bending, twisting or stretching.
- Identify various parts of the body and their location; for example, arms, legs and hands.
- Identify fundamental movement patterns.
- Recognize that exercise is good for one's health.
- Sustain moderate to vigorous physical activity.

Self-image and Personal Development

- Participate regularly in vigorous physical activity.
- Try new movement activities and skills.
- Identify feelings that result from participation in physical activities.
- Follow adult-delivered rules.

Social Development

- Participate in activities without interfering with others.
- Interact with playmates without regard to personal differences.

The student will understand the interrelationship between history, culture, games, sports, play, and dance.

- Move creatively to culturally diverse music.

Activity 2: Animal Walking

Language Arts:

Listening and Speaking Strategies

- 1.1 Understand and follow one and two step directions.

Written and Oral English Language Conventions

- 1.2 Spell independently by using pre-phonetic knowledge, sounds of the alphabet, and knowledge of letter names.

Science:

Different types of plants and animals inhabit the earth

- 2 a & c Students know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.

Physical Education:

Movement Skills and Movement

Self-image and Personal Development

- Try new movement activities and skills.

- Identify feelings that result from participation in physical activities.
- Follow adult-delivered rules.

Activity 3: Big Snake

History/Social Science:

Students understand that being a good citizen involves acting in certain ways

- K 1.1 Follow rules, such as sharing and taking turns, and know the consequences of breaking them.

Students compare and contrast the locations of people, places, and environments and describe their characteristics.

- K 4.2 Distinguish between land and water on maps and globes and locate general areas referenced in historical legends and stories.

Physical Education:

Movement Skills and Movement Knowledge

- Travel in different ways in a large group without bumping into others or falling.
 - Balance while bending, twisting or stretching.
 - Walk and run using proper form.
 - Identify various parts of the body and their location; for example, arms, legs and hands.
 - Identify fundamental movement patterns.
- Self-image and Personal Development
- Try new movement activities and skills.
 - Identify feelings that result from participation in physical activities.
 - Follow adult-delivered rules.
 - Respond to rule infractions when reminded.

Social Development

- Participate in activities without interfering with others.
- Interact with playmates without regard to personal differences.

Science:

Different types of plants and animals inhabit the earth.

- 2.a Students know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.



Body Basics

Balloon Counting

Mathematics:

Number Sense

1.0 Count, recognize, represent, name, and order a number of objects (up to 30).

Statistics, Data Analysis, and Probability

2.1 Pose information questions, collect data, and record the results using objects, pictures, and picture graphs.

Physical Education:

Movement Skills and Movement Knowledge

- Travel in different ways in a large group without bumping into others or falling.
- Balance while bending, twisting, or stretching.
- Identify various parts of the body and their location; for example, arms, legs, and hands.
- Identify fundamental movement patterns.
- Identify and begin to use the technique employed to soften the landing in jumping.

Self-image and Personal Development

- Try new movement activities and skills.
- Identify feelings that result from participation in physical activities.
- Follow adult-delivered rules.
- Respond to rule infractions when reminded.
- Handle and care for equipment safely and appropriately.

Social Development

- Participate in activities without interfering with others.
- Interact with playmates without regard to personal differences.

CanYou?

Language Arts:

Listening and Speaking Strategies

1.1 Understand and follow one and two step directions.

Physical Education:

Movement Skills and Movement Knowledge

- Travel in different ways in a large group without bumping into others or falling.
- Balance while bending, twisting, or stretching.
- Know and demonstrate what personal space is and understand its importance.
- Walk and run using proper form.



- Roll with control, without hesitating or stopping.
- Identify various parts of the body and their location; for example, arms, legs and hands.
- Identify fundamental movement patterns.
- Identify and begin to use the technique employed to soften the landing in jumping.

Self-image and Personal Development

- Try new movement activities and skills.

Head, Shoulders, Knees and Toes

Language Arts:

Listening and Speaking Strategies

1.1 Understand and follow one and two step directions.

Speaking Applications

2.2 Recite short poems, rhymes, and songs.

Physical Education:

Movement Skills and Movement Knowledge

- Travel in different ways in a large group without bumping into others or falling.
- Balance while bending, twisting, or stretching.
- Know and demonstrate what personal space is and understand its importance.
- Identify various parts of the body and their location; for example, arms, legs and hands.
- Identify fundamental movement patterns.

Self-image and Personal Development

4.2 Try new movement activities and skills.

Science:

Life Sciences

2.c Students know how to identify major structures of common plants and animals.

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All of these materials can be downloaded from the
CDE website: <http://www.cde.ca.gov/standards>

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