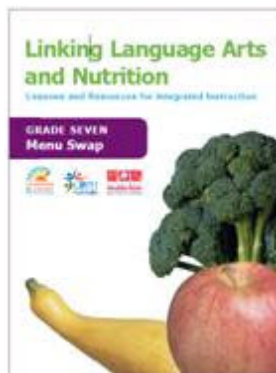


Linking Language Arts and Nutrition

The *Network for a Healthy California* of the California Department of Public Health (*Network*) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support *Network*-funded, student-based programs to provide effective, standards-based language arts and nutrition instruction. Each *Linking Language Arts* and *Nutrition* lesson addresses the California Common Core Standards in English/Language Arts and in health education. The chart below provides access to each integrated lesson and shows which Overarching Health Education Content Standard is supported when teaching the lesson. Use the chart for choosing lessons for your instructional plans or call us toll free at 888–318-8188 for questions or assistance.



Key to the Overarching Health Education Content Standards

- EC: Essential Concepts
- AI: Analyzing Influences
- AVI: Accessing Valid Health Information
- IC: Interpersonal Communication
- DM: Decision Making
- GS: Goal Setting
- PHEB: Practicing Health-Enhancing Behaviors
- HP: Health Promotion

Lesson Title	Grade Level	EC	AI	AVI	IC	DM	GS	PHEB	HP
Breakfast for Frances (PDF)	Kindergarten	Yes			Yes			Yes	
Eating the Alphabet (PDF)	Kindergarten	Yes			Yes			Yes	
Dinner Buffet (PDF)	Grade 2	Yes				Yes		Yes	

Thirst Quenchers (PDF) Coming Soon	Grade 2	Yes	Yes					Yes	
The Incredible Nutrient Eating Kid (PDF)	Grade 4	Yes				Yes		Yes	
Children's Almanac of Healthy Eating (PDF)	Grade 5	Yes		Yes	Yes				Yes
Menu Swap (PDF)	Grade 7	Yes				Yes	Yes		Yes
What's for Lunch? (PDF)	Grade 7	Yes			Yes	Yes		Yes	Yes
Buy Local! (PDF) Coming Soon	Grade 8	Yes			Yes			Yes	Yes
Get Fit! Stay Hydrated! (PDF) Coming Soon	Grade 8	Yes		Yes	Yes	Yes		Yes	Yes