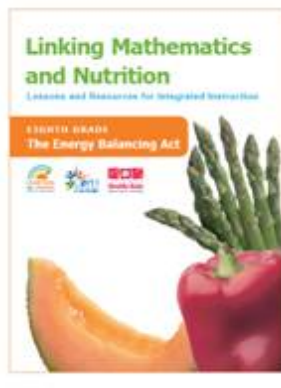


Linking Math and Nutrition

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 mathematics and nutrition instruction. Each *Linking Mathematics and Nutrition* lesson addresses the California content standards in mathematics 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
7 Snacks for 7 Days (PDF)	Kindergarten	Yes			Yes			Yes	
Find Our Favorite Fruits and Veggies (PDF)	Kindergarten	Yes			Yes			Yes	

Do We Eat Enough Fruits and Vegetables? (PDF)	Grade 2	Yes			Yes		Yes		
Superstar Menus (PDF)	Grade 2	Yes			Yes	Yes		Yes	
How Sweet Is It? (PDF)	Grade 4	Yes		Yes		Yes			
What are the Chances? (PDF)	Grade 4	Yes	Yes	Yes		Yes			
Party Platters? (PDF)	Grade 5	Yes				Yes			
What Makes a Healthy Breakfast? (PDF)	Grade 5	Yes		Yes	Yes				
Power Drinks – Smart Choice or Health Risk? (PDF)	Grade 7	Yes	Yes		Yes				
Show Me the Facts (PDF)	Grade 7	Yes	Yes		Yes			Yes	
The Energy Balancing Act (PDF)	Grade 8	Yes			Yes	Yes		Yes	