



Sprouts

Growing Healthy Habits Education Standards Alignment



Lesson 1: Farm to Table

Task	Overarching Theme	Common Core (Grade K)	NAEYC
<p>Answer questions as a group about planting and how food moves from the farm to the table while working through the 6 steps.</p>	<p>-Speaking and Listening</p> <p>-Natural phenomena</p>	<p>ELA: Speaking and Listening: Comprehension and Collaboration: K.1: Participate in collaborative conversations with diverse partners about <i>kindergarten topics and texts</i> with peers and adults in small and larger groups.</p> <p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p>	<p>2.K: Health and safety: children should be taught to identify sources of food</p> <p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p> <p>2.G.4: Science: Children have chances to do activities that encourage them to think, ask questions, and make predictions about natural and physical phenomena</p> <p>2.L.3: Social studies: Children have chances to learn about the physical and geographic characteristics of their local environment</p>



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Lesson 2: Food Groups and Shopping

Task	Overarching Theme	Common Core (Grade K)	NAEYC
<p>Pick a food from each food group and sort them on the plate into which group it belongs to. Count how many foods were taken from each list</p>	<p>Measurement and data Classification</p>	<p>MATH: Measurement and Data: Classify objects and count the number: K.MD. 3 Classify objects and count the number of objects in each category: Classify objects into given categories; count the numbers of objects in each category and sort the categories by count.</p> <p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p>	<p>2.F.6: Early Mathematics: There are toys and other objects in the learning environment that children can categorize by shape, size, and color</p> <p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p>



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Lesson 3: Family mealtime

Task	Overarching Theme	Common Core (Grade K)	NAEYC
<p>Prepare and share a family-style meal, including conversation starters</p> <p>Draw a picture of their favorite meal time with friends and family.</p>	<p>Speaking and Listening</p> <p>Drawing</p>	<p>ELA: Comprehension and Collaboration: Presentation of Knowledge and Ideas: K.4: Presentation of knowledge and ideas: Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.</p> <p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p> <p>ELA: Speaking and Listening: Comprehension and Collaboration: K.1: Participate in collaborative conversations with diverse partners about <i>kindergarten topics and texts</i> with peers and adults in small and larger groups.</p> <p>ELA: Comprehension and Collaboration: Presentation of Knowledge and Ideas: K.5: Add drawings or other visual displays to descriptions as desired to provide additional detail</p>	<p>2.J.4: Creative Expression and Appreciation for the Arts: Children have chances to develop and practice art skills.</p> <p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p> <p>2.L.1: Social studies: Children have chances to learn that families have a variety of family structures</p>



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Lesson 4: Eat a Rainbow

Task	Overarching Theme	Common Core (Grade K)	NAEYC
<p>Compare the difference in shapes and sizes between each fruit that is being sampled.</p>	<p>Geometry Comparison Sensory experience</p>	<p>MATH: Geometry: Analyze, compare, create, and compose shapes: K.G.4: Analyze and compare two- and three-dimensional shapes, in different sizes and orientations, using informal language to describe their similarities, differences, parts (e.g., number of sides and vertices/"corners") and other attributes (e.g., having sides of equal length).</p> <p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p>	<p>2.F.6: Early mathematics: There are toys and other objects in the learning environment that children can categorize by shape, size, and color</p> <p>2.B.4: Social and emotional development: Children have chances to understand that other people may have different thoughts and opinions than theirs</p> <p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p> <p>2.G.5: Science: Show six toys or classroom materials that provide interesting sensory experiences in sight, sound, and touch (two of each)</p>



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Lesson 5: Snacks

Task	Overarching Theme	Common Core (Grade K)	NAEYC
Compare and contrast food items to identify differences between snacks versus meals and identify healthiest snack options	Measurement and data	<p>MATH: Measurement and Data: Describe and compare measurable attributes: K.MD.1: Describe and compare measurable attributes: Directly compare two objects with a measurable attribute in common, to see which object has “more of”/”less of” the attribute, and describe the difference</p> <p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p>	<p>2.F.6: Early mathematics: There are toys and other objects in the learning environment that children can categorize by shape, size, and color</p> <p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p>



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Lesson 6: Beverages

Task	Overarching Theme	Common Core (Grade K)	NAEYC
<p>Compare the number of sugar cubes between beverages. Talk about which one is greater than and which one is less than.</p>	<p>Counting & Cardinality Numeracy Graphing</p>	<p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p> <p>MATH: Counting and Cardinality: Count to tell the number of objects: K.CC.4: Understand the relationship between numbers and quantities; connect counting to cardinality</p> <p>MATH: Counting and Cardinality: Compare numbers: K.CC.6: Identify whether number of objects in one group is greater than, less than, or equal to the number of objects in another group, e.g., by using matching and counting strategies</p> <p>MATH: Measurement and Data: Describe and compare measurable attributes: K.MD.1: Describe and compare measurable attributes: Directly compare two objects with a measurable attribute in common, to see which object has “more of”/“less of” the attribute, and describe the difference</p>	<p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p> <p>2.F.5: Early mathematics: Children have chances to see and learn about number concepts</p> <p>2.F.13: Early mathematics: Show or describe two examples of experiences or materials you provide that help children learn about number concepts</p> <p>2.G.3: Science: There are at least two representations of data collection (e.g., through drawing or graphing) included in classroom displays</p> <p>2.G.9: Science: Show two lesson plans in which children collect data, then represent their findings (for example, drawing or graphing)</p>



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Lesson 7: Energy Balance

Task	Overarching Theme	Common Core (Grade K)	NAEYC
<p>Glue pictures of foods and activities to a paper scale to make an even energy balanced scale.</p>	<p>Speaking and Listening Number concepts</p>	<p>ELA: Speaking and Listening: K.5: Presentation of knowledge and ideas: Add drawings or other visual displays to descriptions as desired to provide additional detail.</p> <p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p> <p>ELA: Comprehension and Collaboration: Presentation of Knowledge and Ideas: K.5: Add drawings or other visual displays to descriptions as desired to provide additional detail</p> <p>MATH: Counting and Cardinality: Count to tell the number of objects: K.CC.4: Understand the relationship between numbers and quantities; connect counting to cardinality</p> <p>MATH: Counting and Cardinality: Compare numbers: K.CC.6: Identify whether number of objects in one group is greater than, less than, or equal to the number of objects in another group, e.g., by using matching and counting strategies</p>	<p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p> <p>2.F.13: Early mathematics: Show or describe two examples of experiences or materials you provide that help children learn about number concepts</p> <p>2.J.4: Creative Expression and Appreciation for the Arts: Children have chances to develop and practice art skills.</p> <p>2.F.11: Early mathematics: Kindergartners and school-agers have chances to do addition, subtraction, and other numerical operations in the classroom environment.</p>



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Lesson 8: Healthy Screen Time

Task	Overarching Theme	Common Core (Grade K)	NAEYC
Draw, cut, and glue pictures of activities to an alternative to screen time activity dice	Geometry	<p>MATH: Geometry: Analyze, compare, create, and compose shapes: K.G.5: Model shapes in the world by building shapes from components (e.g., sticks and clay balls) and drawing shapes.</p> <p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p> <p>ELA: Comprehension and Collaboration: Presentation of Knowledge and Ideas: K.5: Add drawings or other visual displays to descriptions as desired to provide additional detail</p>	<p>2.J.4: Creative Expression and Appreciation for the Arts: Children have chances to develop and practice art skills.</p> <p>2.F.7: Early mathematics: There are toys and other objects in the learning environment that allow children to name and recognize two- and three-dimensional shapes</p> <p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p> <p>2.J.3: Creative Expression and Appreciation for the Arts: Children have chances to create both two- and three-dimensional art</p>



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Lesson 9: Healthy Sleep Habits

Task	Overarching Theme	Common Core (Grade K)	NAEYC
<p>Compare healthy and not healthy bedtime routine activities, students select the healthy bedtime routine activities they want to try</p>	<p>Measurement and data</p>	<p>MATH: Measurement and Data: Describe and compare measurable attributes: K.MD.2: Directly compare two objects with a measurable attribute in common, to see which object has “more of”/“less of” the attribute, and describe the difference</p> <p>ELA: Reading Standards for Literature: Key Ideas and Details: K.1: With prompting and support, ask and answer questions about key details in a text</p> <p>ELA: Reading Standards for Literature: Range of Reading and Level of Text Complexity: K.10: Actively engage in group reading activities with purpose and understanding</p> <p>ELA: Comprehension and Collaboration: Presentation of Knowledge and Ideas: K.5: Add drawings or other visual displays to descriptions as desired to provide additional detail</p>	<p>2.E.17: Early literacy: Show two examples of lesson plans that link books to current learning topics, themes, or activities</p>