



Appendix E

Massachusetts Curriculum Frameworks

Following are some examples of alignment between *Planet Health* and the Massachusetts Curriculum frameworks.

From Massachusetts Department of Education.

Lesson	Theme	Subject	Learning standard/strand
Lesson 1 Do you Make Space for Fitness and Nutrition?		Comprehensive Health English Language Arts Mathematics	Physical health strand (standards physical activity and fitness and nutrition) Language strand (standards 1 and 2) Composition strand (standards 19 and 23) Patterns, Relations, and Algebra Data Analysis, Statistics, and Probability
Lesson 2 Power Down: Charting TV Viewing Time	Lifestyle	Comprehensive Health English Language Arts Mathematics	Physical health strand (standards: physical activity and fitness and nutrition) Language strand (standards 1 and 2) Composition strand (standards 19 and 23) Patterns, Relations, and Algebra Data Analysis, Statistics, and Probability
Language Arts			
Lesson 3 Food Power	Balanced diet	Comprehensive Health English Language Arts	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 3) Literature strand (standard 9) Composition strand (standards 19 and 23)
Lesson 4 Carbohydrate: Energy Food	Balanced diet	Comprehensive Health English Language Arts	Physical health strand (standard: nutrition) Language strand (standard: 1, 2, and 4) Literature strand (standards 9, 10, 11, and 15) Composition strand (standard 20)
Lesson 5 The Language of Food	Fruits and vegetables	Comprehensive Health English Language Arts	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standards 9 and 13) Composition strand (standards 19 and 23)

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Lesson	Theme	Subject	Learning standard/strand
Language Arts (continued)			
Lesson 6 Keep It Local	Fruits and vegetables	Comprehensive Health English Language Arts	Physical health strand (standard: nutrition) Personal and community health strand (community and public health standard) Language strand (standards 1, 2, 3, and 4) Literature strand (standards 9, 10, 13, and 15) Composition strand (standard 20)
Lesson 7 Write a Fable: Important Messages About Activity	Activity	Comprehensive Health English Language Arts	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standards 9 and 10) Composition strand (standards 20 and 22)
Lesson 8 Go for the Goal	Activity	Comprehensive Health English Language Arts	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standards 9 and 11)
Lesson 9 Lifetime Physical Activities: Research One, Describe One, Try One!	Lifestyle	Comprehensive Health English Language Arts	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, 3, and 4) Literature strand (standard 9) Composition strand (standards 19 and 22)
Lesson 10 Choosing Healthy Foods	Lifestyle	Comprehensive Health English Language Arts	Physical health strand (standard: nutrition) Language strand (standards 1, 2, 3, and 4) Literature strand (standard 9) Media strand (standard 27)
Math			
Lesson 11 Problem Solving: Making Healthy Choices	Balanced diet	Comprehensive Health English Language Arts Mathematics	Physical health strand (standard: nutrition) Language strand (standards 1, 2, 3, and 4) Literature strand (standard 9) Number Sense and Operations Patterns, Relations, and Algebra
Lesson 12 Figuring Out Fat	Balanced diet	Comprehensive Health English Language Arts Mathematics	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Number Sense and Operations Patterns, Relations, and Algebra
Lesson 13 Looking for Patterns: What's for Lunch?	Balanced diet	Comprehensive Health English Language Arts Mathematics	Physical health strand (standard: nutrition) Language strand (standards 1, 2, 3, and 4) Literature strand (standard 9) Patterns, Relations, and Algebra Data Analysis, Statistics, and Probability
Lesson 14 Apples, Oranges, and Zucchini: An Algebra Party	Fruits and vegetables	Comprehensive Health English Language Arts Mathematics	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Patterns, Relations, and Algebra

Lesson	Theme	Subject	Learning standard/strand
Lesson 15 Plotting Coordinate Graphs: What Does Your Day Look Like?	Activity	Comprehensive Health English Language Arts Mathematics	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Patterns, Relations, and Algebra
Lesson 16 Survey the Class	Activity	Comprehensive Health English Language Arts Mathematics	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Data Analysis, Statistics, and Probability
Lesson 17 Circle Graphs: Where Did the Day Go?	Lifestyle	Comprehensive Health English Language Arts Mathematics	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) Number Sense and Operations Patterns, Relations, and Algebra Measurement Geometry
Lesson 18 Energy Equations	Lifestyle	Comprehensive Health English Language Arts Mathematics	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) Number Sense and Operations Patterns, Relations, and Algebra Data Analysis, Statistics, and Probability

Science

Lesson 19 Passing the Sugar	Balanced diet	Comprehensive Health English Language Arts Mathematics Science and Technology/ Engineering	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Measurement Life Science (Biology) (strand 2) Physical Sciences (Chemistry and Physics) (strand 3)
Lesson 20 Mighty Minerals: Calcium and Iron	Balanced diet	Comprehensive Health English Language Arts Science and Technology/ Engineering	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) Life Science (Biology) (strand 2)
Lesson 21 Fat Functions	Balanced diet	Comprehensive Health English Language Arts Science and Technology/ Engineering	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Life Science (Biology) (strand 2)

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Lesson	Theme	Subject	Learning standard/strand
Science (continued)			
Lesson 22 Smart Snacks	Balanced diet	Comprehensive Health English Language Arts Science and Technology/ Engineering	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Life Science (Biology) (strand 2)
Lesson 23 The Plants We Eat	Fruits and vegetables	Comprehensive Health English Language Arts Science and Technology/ Engineering	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Life Science (Biology) (strand 2)
Lesson 24 Foods for Energy	Activity	Comprehensive Health English Language Arts Science and Technology/ Engineering	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Life Science (Biology) (strand 2)
Lesson 25 Muscle Mysteries	Activity	Comprehensive Health English Language Arts Science and Technology/ Engineering	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Life Science (Biology) (strand 2)
Lesson 26 The Human Heart	Lifestyle	Comprehensive Health English Language Arts Science and Technology/ Engineering	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Life Science (Biology) (strand 2)
Lesson 27 How Far Can You Jump?	Lifestyle	Comprehensive Health English Language Arts Science and Technology/ Engineering	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Life Science (Biology) (strand 2)

Lesson	Theme	Subject	Learning standard/strand
Social Studies			
Lesson 28 Food Through the Ages	Balanced diet	Comprehensive Health English Language Arts History and Social Science	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) History standard (world history 1.7c)
Lesson 29 Democracy and Diet	Balanced diet	Comprehensive Health English Language Arts History and Social Science	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) Civics and government standard (U.S. history, 13-19)
Lesson 30 Global Foods	Fruits and vegetables	Comprehensive Health English Language Arts History and Social Science	Physical health strand (standard: nutrition) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) Geography standard
Lesson 31 Around the World With Five a Day	Fruits and vegetables	Comprehensive Health English Language Arts History and Social Science	Physical health strand (standard: nutrition) Language strand (standards 1, 2, 3, and 4) Literature strand (standard 9) Composition strand (standard 19) History standard Geography standard
Lesson 32 Map Maker	Activity	Comprehensive Health English Language Arts History and Social Science	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) Geography standard
Lesson 33 Free to Be Fit	Activity	Comprehensive Health English Language Arts History and Social Science	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) Civics and government standard (U.S.I. 14, 15, 17, 19, 21)

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Lesson	Theme	Subject	Learning standard/strand
Science (continued)			
Lesson 34 Impact of Technology	Lifestyle	Comprehensive Health English Language Arts History and Social Science	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, and 4) Literature strand (standard 9) Composition strand (standard 19) History standard (U.S.I. 27-29) Geography standard Economics standard
Lesson 35 Food Rituals and Society	Lifestyle	Comprehensive Health English Language Arts History and Social Science	Physical health strand (standard: physical activity and fitness) Language strand (standards 1, 2, 3, and 4) Literature strand (standard 9) Composition strand (standard 19) History standard Geography standard

Following are descriptions of some of the Massachusetts Curriculum Frameworks. For additional details and current updates, go to www.doe.mass.edu/frameworks.

Comprehensive Health

Physical Activity and Fitness standard: Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and nonlocomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives.

Nutrition standard: Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.

Community and Public Health standard: Students will learn the influence of social factors on health and contribution of public health, and will gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities.

English Language Arts

Standard 1: Discussion (Language Strand): Students will use agreed-upon rules for informal and formal discussions in small and large groups.

Standard 2: Questioning, Listening, and Contributing (Language Strand): Students will pose questions, listen to the ideas of others, and contribute their own information or ideas in group discussions or interviews in order to acquire new knowledge.

Standard 3: Oral Presentation (Language Strand): Students will make oral presentations that demonstrate appropriate consideration of audience, purpose, and the information to be conveyed.

Standard 4: Vocabulary and Concept Development (Language Strand): Students will understand and acquire new vocabulary and use it correctly in reading and writing.

Standard 9: Making Connections (Reading and Literature Strand): Students will deepen their understanding of a literary or nonliterary work by relating it to its contemporary context or historical background.

Standard 10: Genre (Reading and Literature Strand): Students will identify, analyze, and apply knowledge of the characteristics of different genres.

Standard 11: Theme (Reading and Literature Strand): Students will identify, analyze, and apply knowledge of theme in a literary work and provide evidence from the text to support their understanding.

Standard 15: Style and Language (Reading and Literature Strand): Students will identify and analyze how an author's words appeal to the senses, create imagery, suggest mood, and set tone, and provide evidence from the text to support their understanding.

Standard 19: Writing (Composition Strand): Students will write with a clear focus, coherent organization, and sufficient detail.

Standard 20: Consideration of Audience and Purpose (Composition Strand): Students will write for different audiences and purposes.

Standard 22: Standard English Conventions (Composition Strand): Students will use knowledge of standard English conventions in their writing, revising, and editing.

Standard 23: Organizing Ideas in Writing (Composition Strand): Students will organize ideas in writing in a way that makes sense for their purpose.

Standard 27: Media Production (Media Strand): Students will design and create coherent media productions (audio, video, television, multimedia, Internet, emerging technologies) with a clear controlling idea, adequate detail, and appropriate consideration of audience, purpose, and medium.

Mathematics

In the curriculum framework, five strands organize the mathematical content: 1) Number Sense and Operations, 2) Patterns, Relations, and Algebra, 3) Geometry, 4) Measurement, and 5) Data Analysis, Statistics, and Probability.

Science and Technology/Engineering

Strand 2: Life Science (Biology): The life sciences investigate the diversity, complexity, and interconnectedness of life on earth. Students are naturally drawn to examine living things, and as they progress through the grade levels, they become capable of understanding the theories and models that scientists use to explain observations of nature.

Strand 3: Physical Sciences (Chemistry and Physics): The physical sciences (physics and chemistry) examine the physical world around us. Using the methods of the physical sciences, students learn about the composition, structure, properties, and reactions of matter and the relationships between matter and energy.

History and Social Science

In the curriculum framework, the four disciplines of history, geography, economics, and civics and government are integrated in the learning standards.