

# 4-H Curriculum Connections to the Virginia Standards of Learning

## Foods, Nutrition, and Health: USDA Team Nutrition (Elementary)

- English K.1 The student will demonstrate growth in the use of oral language.
- Listen to a variety of literary forms, including stories and poems.
  - Participate in choral speaking and recite short poems, rhymes, songs, and stories with repeated patterns.
  - Participate in creative dramatics.
  - Begin to discriminate between spoken sentences, words, and syllables.
  - Recognize rhyming words.
  - Generate rhyming words in a rhyming pattern.
- English K.2 The student will use listening and speaking vocabularies.
- Use number words.
  - Use words to describe/name people, places, and things.
  - Use words to describe location, size, color, and shape.
  - Use words to describe actions.
  - Ask about words not understood.
  - Follow one-step and two-step directions.
  - Begin to ask how and why questions.
- English K.3 The student will build oral communication skills.
- Begin to follow implicit rules for conversation, including taking turns and staying on topic.
  - Express ideas and needs in complete sentences.
  - Begin to use voice level, phrasing, and intonation appropriate for language situation.
  - Listen and speak in informal conversations with peers and adults.
  - Begin to initiate conversations.
  - Participate in discussions about books and specific topics.
- English K.11 The student will write to communicate ideas.
- a) draw pictures and/or use letters and phonetically spelled words to write about experiences, stories, people, objects, or events.
  - b) Write left to right and top to bottom.
- English K.12 The student will explore the uses of available technology for reading and writing.

- Health K.1 The student will explain that the body is a living and growing organism. Key concepts/skills include
- a) the importance of making healthy food choices;
  - b) the effects of drugs and medicines;
  - c) the five senses and major body parts (e.g., head, eyes, trunk, arms, legs);
  - d) the need for physical activity.
- Health K.2 The student will explain the concept of being healthy. Key concepts/skills include
- a) the impact of positive and negative emotions;
  - b) personal hygiene practices;
  - c) germs (e.g., bacteria, viruses) that lead to common diseases (e.g., cold, flu).
- History and Social Sciences K.4
- The student will use simple maps and globes to
- describe places referenced in stories and real-life situations
  - develop an awareness that a map is a drawing of a place to show where things are located and that a globe is a round model of the Earth
  - locate land and water features
- Math K.14 The student will gather data relating to familiar experiences by counting and tallying.
- Math K.17 The student will sort and classify objects according to similar attributes (size, shape, and color).
- Math K.18 The student will identify, describe, and extend a repeating relationship (pattern) found in common objects, sounds, and movements.
- Science K.1 The student will conduct investigations in which
- basic properties of objects are identified by direct observation;
  - observations are made from multiple positions to achieve different perspectives;
  - a set of objects is sequenced according to size;
  - a set of objects is separated into two groups based on a single physical attribute;
  - picture graphs are constructed using 10 or fewer units;
  - nonstandard units are used to measure common objects;
  - an unseen member in a sequence of objects is predicted;
  - a question is developed from one or more observations;
  - objects are described both pictorially and verbally;  
and
  - unusual or unexpected results in an activity are recognized.

- Science K.2 Students will investigate and understand that humans have senses that allow one to seek, find, take in, and react or respond to information in order to learn about one's surroundings. Key concepts include
- five senses and corresponding sensing organ (taste-tongue, touch-skin, smell-nose, hearing-ears, and sight-eyes); and
  - sensory descriptors (sweet, sour, bitter, salty, rough/smooth, hard/soft, cold, warm, hot, loud/soft, high/low, bright/dull).
- Science K.6 The student will investigate and understand basic needs and life processes of plants and animals. Key concepts include
- living things change as they grow and need food, water, and air to survive;
  - plants and animals live and die (go through a life cycle); and
  - offspring of plants and animals are similar but not identical to their parents and one another.
- English 1.1 The student will continue to demonstrate growth in the use of oral language.
- Listen and respond to a variety of media, including books, audiotapes, videos, and other age-appropriate materials.
  - Tell and retell stories and events in logical order.
  - Participate in a variety of oral language activities, including choral speaking and reciting short poems, rhymes, songs, and stories with repeated patterns.
  - Express ideas orally in complete sentences.
- English 1.2 The student will continue to expand and use listening and speaking vocabularies.
- Increase oral descriptive vocabulary.
  - Begin to ask for clarification and explanation of words and ideas.
  - Follow simple two-step oral directions.
  - Give simple two-step directions.
  - Use singular and plural nouns.
- English 1.3 The student will adapt or change oral language to fit the situation.
- Initiate conversation with peers and adults.
  - Follow rules for conversation.
  - Use appropriate voice level in small-group settings.
  - Ask and respond to questions in small-group settings.
- English 1.12 The student will write to communicate ideas.
- Generate ideas.
  - Focus on one topic.
  - Use descriptive words when writing about people, places, things, and events.

- Use complete sentences in final copies.
- Begin each sentence with a capital letter and use ending punctuation in final copies.
- Use correct spelling for high-frequency sight words and phonetically regular words in final copies.
- Share writing with others.
- Use available technology.

Math 1.20 The student will sort and classify concrete objects according to one or more attributes, including color, size, shape, and thickness.

Health 1.2 The student will explain that good health is related to health-promoting decisions. Key concepts/skills include

- a) personal hygiene, including care of one's teeth;
- b) personal safety behaviors;
- c) the harmful effects of misusing medicines and drugs;
- d) sleep habits;
- e) physical activity and healthy entertainment;
- f) proper nutrition.

Science 1.1 The student will plan and conduct investigations in which

- differences in physical properties are observed using the senses;
- simple tools are used to enhance observations;
- objects or events are classified and arranged according to attributes or properties;
- observations and data are communicated orally and with simple graphs, pictures, written statements, and numbers;
- length, mass, and volume are measured using standard and nonstandard units;
- inferences are made and conclusions are drawn about familiar objects and events;
- predictions are based on patterns of observation rather than random guesses; and
- simple experiments are conducted to answer questions.

Science 1.4 The student will investigate and understand that plants have life needs and functional parts can be classified according to certain characteristics. Key concepts include

- needs (food, air, water, light, and a place to grow);
- parts (seeds, roots, stems, leaves, blossoms, fruits); and
- characteristics: edible/nonedible, flowering/nonflowering, evergreen/deciduous.

Science 1.5 The student will investigate and understand that animals, including people, have life needs and specific physical characteristics and can be classified according to certain characteristics. Key concepts include

- life needs (air, food, water, and a suitable place to live);
- physical characteristics (body coverings, body shape, appendages, and methods of movement); and
- other characteristics (wild/tame, water homes/land homes).

English 2.1 The student will demonstrate an understanding of oral language structure.

- Create oral stories to share with others.
- Create and participate in oral dramatic activities.
- Use correct verb tenses in oral communication.
- Use increasingly complex sentence structures in oral communication.

English 2.2 The student will continue to expand listening and speaking vocabularies.

- Use words that reflect a growing range of interests and knowledge.
- Clarify and explain words and ideas orally.
- Follow oral directions with three or four steps.
- Give three-step and four-step directions.
- Identify and use synonyms and antonyms in oral communication.

English 2.3 The student will use oral communication skills.

- Use oral language for different purposes: to inform, to persuade, and to entertain.
- Share stories or information orally with an audience.
- Participate as a contributor and leader in a group.
- Summarize information shared orally by others.

English 2.11 The student will write stories, letters, and simple explanations.

- Generate ideas before writing.
- Organize writing to include a beginning, middle, and end.
- Revise writing for clarity.
- Use available technology.

Health 2.2 The student will explain that personal health decisions and health habits influence health and well-being throughout life. Key concepts/skills include

- a) how food choices relate to a healthy lifestyle;
- b) the addictive nature of drugs, alcohol, and tobacco;
- c) the need for regular health check-ups and screenings;
- d) the importance of learning and using refusal skills;
- e) the use of nonviolent strategies to resolve conflicts.

Science 2.8 The student will investigate and understand that plants produce oxygen and food, are a source of useful products, and provide benefits in nature. Key concepts include

- important plant products (fiber, cotton, oil, spices, lumber, rubber, medicines, and paper);

- the availability of plant products affects the development of a geographic area; and
- plants provide homes and food for many animals and prevent soil from washing away.

English 3.1 The student will use effective communication skills in group activities.

- Listen attentively by making eye contact, facing the speaker, asking questions, and summarizing what is said.
- Ask and respond to questions from teachers and other group members.
- Explain what has been learned.

English 3.10 The student will write stories, letters, simple explanations, and short reports across all content areas.

- Use a variety of planning strategies.
- Organize information according to the type of writing.
- Identify the intended audience.
- Revise writing for specific vocabulary and information.
- Use available technology.

Health 3.1 The student will explain that health habits impact personal growth and development. Key concepts/skills include

- a) food choices based on nutritional content;
- b) the benefits of physical activity and personal fitness;
- c) safe and harmful behaviors;
- d) positive interactions with family, peers, and other individuals.

Math 3.14 The student will estimate and then use actual measuring devices with metric and U.S. Customary units to measure

- length – inches, feet, yards, centimeters, and meters;
- liquid volume – cups, pints, quarts, gallons, and liters; and
- weight/mass – ounces, pounds, grams, and kilograms.

English 4.1 The student will use effective oral communication skills in a variety of settings.

- Present accurate directions to individuals and small groups.
- Contribute to group discussions.
- Seek the ideas and opinions of others.
- Use evidence to support opinions.
- Use grammatically correct language and specific vocabulary to communicate ideas.

English 4.5 The student will read and demonstrate comprehension of nonfiction.

- Use text organizers, such as type, headings, and graphics, to predict and categorize information.
- Formulate questions that might be answered in the selection.

- Explain author's purpose.
- Make simple inferences, using information from texts.
- Draw conclusions, using information from texts.
- Summarize content of selection, identifying important ideas and providing details for each important idea.
- Describe relationship between content and previously learned concepts or skills.
- Distinguish between cause and effect and between fact and opinion.
- Identify new information gained from reading.

- Health 4.1 The student will explain how nutrition affects personal health and academic achievement. Key concepts/skills include
- a) the nutrients needed for proper brain functioning;
  - b) the components of a balanced meal;
  - c) the effects of malnutrition;
  - d) the impact of growth and development;
  - e) the impact of fats, carbohydrates, and proteins on physical performance.
- Health 4.4 The student will demonstrate an understanding of health concepts and behaviors that prevent illness of self and others. Key concepts/skills include
- a) the body's defenses;
  - b) the spread of germs (viruses, bacteria, and fungi)
  - c) the difference between communicable and noncommunicable diseases;
  - d) the importance of early detection of health problems;
  - e) the role of regular physical activity.
- English 5.1 The student will listen, draw conclusions, and share responses in subject-related group learning activities.
- Participate in and contribute to discussions across content areas.
  - Organize information to present reports of group activities.
  - Summarize information gathered in group activities.
- English 5.8 The student will write for a variety of purposes: to describe, to inform, to entertain, and to explain.
- Choose planning strategies for various writing purposes.
  - Organize information.
  - Demonstrate awareness of intended audience.
  - Use precise and descriptive vocabulary to create tone and voice.
  - Vary sentence structure.
  - Revise writing for clarity.
  - Use available technology to access information.

English 5.9 The student will edit writing for correct grammar, capitalization, spelling, punctuation, and sentence structure.

- Use plural possessives.
- Use adjective and adverb comparisons.
- Identify and use interjections.
- Use apostrophes in contractions and possessives.
- Use quotation marks with dialogue
- Use commas to indicate interrupters and in the salutation and closing of a letter.
- Use a hyphen to divide words at the end of a line.
- Edit for clausal fragments, run-on sentences, and excessive coordination.