



EGUSD-Nutrition Integration Chart

First Grade-Healthy Choices, Healthy Me! (1st grade edition)

Lesson Name and Number

Lesson Standards & Integration of Subjects

	1	2	3	4	5	6	7	8	9	10
	Milk and Milk Products	Fruits	Vegetables	Grain, Breads and Cereals	Meats, Beans and Nuts	Extra Foods	Mixed Foods	Build Your Breakfast	Choosing Food Group Snacks	Playing Hard, Feeling Great
Health Standards (EGUSD)	1.1.C, 1.1.D, 1.1.F	1.1.C, 1.1.D, 1.1.F	1.1.C, 1.1.D, 1.1.F	1.1.C, 1.1.D, 1.1.F	1.1.C, 1.1.D, 1.1.F	1.1.C, 1.1.D, 1.1.F	1.1.C, 1.1.D, 1.1.F	1.1.C, 1.1.D, 1.1.F, 2.1.A	1.1.C, 1.1.D, 1.1.F, 2.1.A	1.1.C, 1.1.D, 1.1.F, 2.1.A
Language Arts Standards (CA)	Rdg 1.1, 1.3, 2.3, 2.6 Wtg 1.0, 1.3	Rdg 1.1, 1.3, 2.3, 2.6 Wtg 1.0, 1.3	Rdg 1.1, 1.3, 2.3, 2.6 Wtg 1.0, 1.3	Rdg 1.1, 1.3, 2.3, 2.6 Wtg 1.0, 1.3	Rdg 1.1, 1.3, 2.3, 2.6 Wtg 1.0, 1.3	Rdg 1.1, 1.3, 2.3, 2.6 Wtg 1.0, 1.3	Rdg 1.1, 1.3, 2.3, 2.6	Rdg 1.1, 1.3, 2.3, 2.6	Rdg 1.1, 1.3, 2.3, 2.6	Rdg 1.1, 1.3, 2.3, 2.6 Wtg 1.1, 1.2, 1.3
Mathematics Standards (CA)									NS 1.0 SDAP 1.0, 1.1, 1.2	
Physical Education Standards (National)								Standard 4		Standard 4
MyPyramid.gov Activities (supplemental lessons)	Lesson 1	Lesson 1	Lesson 1	Lesson 1	Lesson 1		Lesson 2	Lesson 3		

Standards Abbreviation Key: **Language Arts:** *Rdg*=Reading, *Wtg*=Writing, **Math:** *NS*= Number Sense, *SDAP*= Statistics, Data Analysis, & Probability