

THE SCIENCE OF ENERGY BALANCE: CALORIE INTAKE AND PHYSICAL ACTIVITY		
Idaho Science Content Standards – Grades 6, 7, 8		
Lesson	Standard	Descriptor
1	6.S.1.2.1	Explain how observations and data are used as evidence on which to base scientific explanations and predictions.
1, 2, 3, 4	6.S.1.2.2	Use observations to make inferences.
1, 2, 4	6.S.1.2.3	Use models to explain or demonstrate a concept.
1, 3, 4	6.S.1.3.1	Analyze changes that occur in and among systems.
1, 2, 3, 4	6.S.1.3.2	Measure in both U.S. Customary and International System of Measurement (metric system) units with an emphasis on the metric system.
1, 3, 4	6.S.1.6.1	Write and analyze questions that can be answered by conducting scientific experiments.
1, 4	6.S.1.6.2	Conduct scientific investigations using a control and variables. Repeat same experiment using alternate variables.
1, 2, 3, 4	6.S.1.6.3	Select and use appropriate tools and techniques to gather and display data.
1, 2, 3, 4	6.S.1.6.4	Use evidence to analyze data in order to develop descriptions, explanations, predictions, and models.
1, 3, 4	6.S.1.6.5	Test a hypothesis based on observations.
1, 3, 4	6.S.1.6.6	Communicate scientific procedures and explanations.
1, 2, 3, 4	6.S.1.8.1	Read, give, and execute technical instructions.
1	7.S.1.2.1	Describe how observations and data are evidence on which to base scientific explanations and predictions.
1, 2, 3, 4	7.S.1.2.2	Use observations to make defensible inferences.
1, 2, 4	7.S.1.2.3	Use models to explain or demonstrate a concept.
1, 2, 3, 4	7.S.1.3.3	Make metric measurements using appropriate tools.
1, 4	7.S.1.6.1	Identify controls and variables used in scientific investigations.
1, 2, 3, 4	7.S.1.6.2	Use appropriate tools and techniques to gather and display data.

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1, 2, 3, 4	7.S.1.6.3	Evaluate data in order to form conclusions.
1, 3, 4	7.S.1.6.4	Use evidence and critical thinking to accept or reject a hypothesis.
1, 3, 4	7.S.1.6.5	Evaluate alternative explanations or predictions.
1, 3, 4	7.S.1.6.6	Communicate and defend scientific procedures and explanations.
1, 2, 3, 4	7.S.1.8.1	Read and evaluate technical instructions.
1, 3, 4	8-9.PS.1.2.1	Use observations and data as evidence on which to base scientific explanations.
1, 2, 4	8-9.PS.1.2.2	Develop models to explain concepts or systems.
1, 3, 4	8-9.PS.1.2.3	Develop scientific explanations based on knowledge, logic, and analysis.
1, 3, 4	8-9.PS.1.3.1	Measure changes that can occur in and among systems.
1, 3, 4	8-9.PS.1.3.2	Analyze changes that can occur in and among systems.
1, 2, 3, 4	8-9.PS.1.3.3	Measure and calculate using the metric system.
1, 3, 4	8-9.PS.1.6.1	Identify questions and concepts that guide scientific investigations.
1, 3, 4	8-9.PS.1.6.2	Utilize the components of scientific problem solving to design, conduct, and communicate results of investigations.
1, 2, 3, 4	8-9.PS.1.6.3	Use appropriate technology and mathematics to make investigations.
1, 3, 4	8-9.PS.1.6.4	Formulate scientific explanations and models using logic and evidence.
1, 3, 4	8-9.PS.1.6.5	Analyze alternative explanations and models.
1, 3, 4	8-9.PS.1.6.6	Communicate and defend a scientific argument.
1, 3, 4	8-9.PS.1.6.7	Explain the differences among observations, hypotheses, and theories.
1, 3, 4	8-9.PS.2.3.1	Explain that energy can be transformed but cannot be created nor destroyed.
3	8-9.PS.2.3.2	Classify energy as potential and/or kinetic and as energy contained in a field.
Idaho Mathematics Content Standards – Grades 6, 7, 8		
Lesson	Standard	Descriptor
1, 2, 3	6.M.1.2.2	Add, subtract, multiply, and divide whole numbers, decimals, and simple fractions (including unlike

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		denominators).
1, 2, 3	6.M.1.2.3	Evaluate numerical expressions with whole numbers using the order of operations (excluding exponents).
1, 2, 3	6.M.1.2.4	Select and use an appropriate method of computation from mental math, paper and pencil, calculator or a combination of the three.
1, 2, 3, 4	6.M.1.2.5	Use a variety of strategies to solve real life problems.
1, 2, 3, 4	6.M.1.2.6	Use appropriate vocabulary and notations.
1, 2, 3	6.M.1.3.1	Estimate to predict computation results.
1, 2, 3	6.M.2.1.1	Select and use appropriate units and tools to make formal measurements in both systems.
1, 2, 3	6.M.3.3.1	Solve one-step equations with whole numbers.
1, 2, 3	6.M.3.4.3	Use mathematical models to show change in a real world context.
1	6.M.3.6.1	Use patterns to represent and solve simple problems.
All lessons	6.M.5.1.1	Read and interpret tables, charts, and graphs, including broken line graphs, bar graphs, frequency tables, line plots, and circle graphs.
All lessons	6.M.5.1.2	Explain and justify stated conclusions drawn from tables, charts, and graphs.
All lessons	6.M.5.2.1	Collect, organize, and display the data with appropriate notation in tables, charts, and graphs, including broken line graphs, bar graphs, frequency tables and line plots.
All lessons	6.M.5.5.1	Make predictions based on data.
1, 2, 3	7.M.1.1.2	Solve problems requiring the conversion between simple decimals, fractions, ratios, and percents.
1, 2, 3	7.M.1.2.2	Add, subtract, multiply, and divide whole numbers, fractions and decimals; and add, multiply, and divide integers.
1, 2, 3	7.M.1.2.5	Select and use an appropriate method of computation from mental math, paper and pencil, calculator, or a combination of the three.
1, 2, 3, 4	7.M.1.2.6	Use a variety of strategies including common mathematical formulas to compute problems drawn from real life situations.
1, 2, 3, 4	7.M.1.2.7	Use appropriate vocabulary and notations.
1, 2, 3	7.M.1.3.1	Estimate to predict computation results.
1, 2, 3	7.M.2.1.1	Select and use appropriate units and tools to make formal measurements in both systems.

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1, 2, 3	7.M.3.3.1	Solve one-step equations.
1, 2, 3, 4	7.M.3.4.2	Explain how a change in one quantity impacts a change in another quantity.
1, 2, 3, 4	7.M.3.5.1	Represent a simple set of data in a table, as a graph, and as a mathematical relationship.
1, 4	7.M.3.6.1	Use patterns and linear functions to represent and solve simple problems.
All lessons	7.M.5.1.1	Read and interpret tables, charts, and graphs, including frequency tables, scatter plots, broken line graphs, line plots, bar graphs, histograms, circle graphs, and stem-and-leaf plots.
All lessons	7.M.5.1.2	Explain conclusions drawn from tables, charts, and graphs.
All lessons	7.M.5.2.1	Collect, organize, and display data with appropriate notation in tables, charts and graphs, including scatter plots, broken line graphs, line plots, bar graphs, and stem-and-leaf plots.
1, 2, 3	8.M.1.1.2	Use rational numbers, including percents and ratios, and π (pi) to solve problems.
1, 2, 3	8.M.1.2.2	Add, subtract, multiply, and divide rational numbers.
1, 2, 3	8.M.1.2.4	Evaluate numerical expressions with rational numbers using the order of operations.
1, 2, 3	8.M.1.2.5	Select and use an appropriate method of computation from mental math, paper and pencil, calculator, or a combination of the three.
1, 2, 3, 4	8.M.1.2.6	Use a variety of strategies including common mathematical formulas to compute problems drawn from real life situations.
1, 2, 3, 4	8.M.1.2.7	Use appropriate vocabulary and notations.
1, 2, 3	8.M.1.3.1	Estimate to predict computation results.
1, 2, 3	8.M.2.1.1	Select and use appropriate units and tools to make formal measurements in both systems.
1, 3, 4	8.M.3.4.2	Use relationships to explain how a change in one quantity may result in a change in another, and identify the relationship as a positive, negative, or neither.
All lessons	8.M.5.1.1	Analyze and interpret tables, charts, and graphs, including frequency tables, scatter plots, broken line graphs, line plots, bar graphs, histograms, circle graphs, and stem-and-leaf plots.
All lessons	8.M.5.1.2	Explain and justify conclusions drawn from tables, charts, and graphs.
All lessons	8.M.5.2.1	Collect, organize, and display data with appropriate notation in tables, charts, and graphs, including scatter plots, broken line graphs, line plots, bar graphs, histograms, and stem-and-leaf plots.

Idaho Language Arts Content Standards – Grades 6, 7, 8		
Lesson	Standard	Descriptor
All lessons	6.LA.1.8.3	Use words and concepts necessary for comprehending math, science, social studies, literature and other Grade 6 content area text.
1, 3, 4, 5	6.LA.2.1.3	Make inferences, draw conclusions and form opinions based on information gathered from text and cite evidence to support.
1, 3, 4, 5	6.LA.2.2.2	Generate how, why, and what-if questions for interpreting expository texts.
1, 3, 4, 5	6.LA.2.2.4	Follow multi-step written directions.
3, 4, 5	6.LA.3.1.4	Apply an appropriate writing format for purpose and audience.
3, 4, 5	6.LA.3.5.2	Share writing with intended audience.
4	6.LA.4.2.1	Write technical text that identifies a sequence of activities or processes.
5	6.LA.4.3.1	Write persuasive compositions that state and support a position with emotional appeals.
3, 4, 5	6.LA.4.4.1	Write a response that identifies a text to self, text to world, and/or text to text connection.
3, 4, 5	6.LA.5.1.1	Write fluently and legibly in print or cursive.
All lessons	6.LA.6.1.3	Listen to identify the tone, mood, and emotion conveyed in oral communications.
All lessons	6.LA.6.1.4	Listen to acquire and summarize information from a variety of sources.
All lessons	6.LA.6.2.1	Ask questions to elicit information, including evidence to support a speaker’s position.
3, 4	6.LA.6.2.3	Organize oral presentations to maintain a clear focus.
All lessons	6.LA.6.3.2	Demonstrate understanding of graphics, pictures, and charts appropriate to grade level.
All lessons	7.LA.1.6.1	Use context clues to aid in decoding of new words.
1, 3, 4, 5	7.LA.1.8.3	Use prior knowledge, the text, context clues, and graphic features of text to predict, clarify, and/or expand word meanings and concepts.
1, 3, 4, 5	7.LA.2.1.3	Make inferences, draw conclusions and form opinions based on information gathered from text and cite evidence to support.
1, 3, 4, 5	7.LA.2.2.2	Generate how, why, and what-if questions for interpreting expository texts.
1, 3, 4, 5	7.LA.2.2.3	Summarize the main idea (literal or inferential) and critical details of expository text.

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1, 2, 3, 5	7.LA.2.2.4	Follow multi-step written directions.
3, 4, 5	7.LA.3.1.4	Match appropriate writing format to purpose and audience.
3, 4, 5	7.LA.3.3.4	Apply a variety of sentence structures to improve sentence fluency and enhance writing style.
3, 4, 5	7.LA.3.5.1	Publish writing in an appropriate format for the purpose and audience.
4	7.LA.4.2.1	Write technical text that identifies a sequence of activities or processes.
5	7.LA.4.3.1	Write persuasive compositions that state a position and support with evidence and emotional appeals
3, 4, 5	7.LA.5.1.1	Write fluently and legibly in print or cursive.
All lessons	7.LA.6.1.1	Develop appropriate interpersonal listening skills (e.g., eye contact, body language
All lessons	7.LA.6.1.4	Listen to acquire and summarize information from a variety of sources.
All lessons	7.LA.6.2.1	Ask questions to elicit information, including evidence to support a speaker's position.
3, 4	7.LA.6.2.2	Deliver informative presentations that: Organize and deliver relevant information about a focused topic.
3, 4	7.LA.6.2.3	Organize oral presentations to maintain a clear focus.
All lessons	7.LA.6.3.2	Demonstrate understanding of graphics, pictures, and charts appropriate to grade level.
All lessons	8.LA.1.6.1	Use context clues to aid in decoding new words.
All lessons	8.LA.1.8.3	Define words and concepts necessary for comprehending Grade 8 content area text.
1, 3, 4, 5	8.LA.2.1.3	Make inferences, draw conclusions, and form opinions based on information gathered from text and cite evidence to support.
1, 3, 4, 5	8.LA.2.2.2	Generate how, why, and what-if questions for interpreting expository texts.
1, 3, 4, 5	8.LA.2.2.3	Apply central ideas (literal or inferential) and critical details to summarize information from expository text.
3, 4, 5	8.LA.3.1.4	Match appropriate writing format to purpose and audience.
3, 4, 5	8.LA.3.5.1	Publish writing in an appropriate format for the purpose and audience.
3, 4, 5	8.LA.3.5.4	Share writing with intended audience.
4	8.LA.4.2.1	Write technical text that identifies a sequence of activities or processes.
5	8.LA.4.3.1	Write persuasive compositions that state a position and support it with evidence and emotional appeals.
3, 4, 5	8.LA.5.1.1	Write fluently and legibly in print or cursive.
All lessons	8.LA.6.1.1	Listen to acquire and summarize information from a variety of electronic or live sources.

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3, 4	8.LA.6.2.3	Organize oral presentations to maintain a clear focus.
Idaho Health Content Standards – Grades 6, 7, 8		
Lesson	Standard	Descriptor
1, 3, 4, 5	6.H.1.1.1	Identify the influence exercise has in developing a healthy system.
5	6.H.1.1.2	Identify prevention, causes, and treatment of diseases and disorders.
5	6.H.1.1.4	Describe emotions that affect personal health.
2, 3, 5	6.H.1.1.6	Apply strategies for developing healthy eating habits.
5	6.H.1.1.9	Examine factors involved in selecting and using health information, products, and services.
5	6.H.2.1.4	Describe the impact of risky behaviors on personal and family health.
5	6.H.4.1.1	Evaluate the validity of health information, products, and services.
5	7-8.H.1.1.2	Identify the prevention, causes, symptoms, treatment, and consequences of diseases and disorders.
2, 3, 4, 5	7-8.H.1.1.6	Identify how food choices affect health.
5	7-8.H.2.1.2	Evaluate the impact of risky behavior on personal health.
5	7-8.H.4.1.1	Analyze the validity of health information, products, and services.
5	7-8.H.4.1.2	Identify the available resources that provide health care services and information.