

THE SCIENCE OF ENERGY BALANCE: CALORIE INTAKE AND PHYSICAL ACTIVITY		
Ohio Academic Standards for Science - Grades 6, 7, 8		
Grade 6		
Lesson	Standard	Description
1, 2, 3	Life 1	Explain that many of the basic functions of organisms are carried out by or within cells and are similar in all organisms.
2, 3	Life 2	Explain that multicellular organisms have a variety of specialized cells, tissues, organs and organ systems that perform specialized functions.
2, 3, 4	Physical 4	Describe that chemical and physical changes occur all around us (e.g., in the human body, cooking and industry).
2, 3, 4, 5	Sci & Tech 2	Explain how decisions about the use of products and systems can result in desirable or undesirable consequences (e.g., social and environmental).
2, 3, 4	Inquiry 1	Explain that there are not fixed procedures for guiding scientific investigations; however, the nature of an investigation determines the procedures needed.
1, 2, 3, 4	Inquiry 2	Choose the appropriate tools or instruments and use relevant safety procedures to complete scientific investigations.
1, 2, 3, 4	Inquiry 3	Distinguish between observation and inference.
1, 2, 3, 4	Ways of Knowing 1	Identify that hypotheses are valuable even when they are not supported.
1, 2, 3, 4	Ways of Knowing 2	Describe why it is important to keep clear, thorough and accurate records.
1, 2, 3, 4	Ways of Knowing 3	Identify ways scientific thinking is helpful in a variety of everyday settings.
Grade 7		
Lesson	Standard	Description
1, 2, 3	Physical 3	Identify different forms of energy (e.g., electrical, mechanical, chemical, thermal, nuclear, radiant and acoustic).
2, 3, 4, 5	Physical 4	Explain how energy can change forms but the total amount of energy remains constant.
3, 4	Sci & Tech 3	Recognize that science can only answer some questions and technology can only solve some human problems.
1, 3, 4	Inquiry 1	Explain that variables and controls can affect the results of an investigation and that ideally one variable should be tested at a time; however it is not always possible to control all variables.
1, 3, 4	Inquiry 2	Identify simple independent and dependent variables.
1, 2, 3, 4	Inquiry 3	Formulate and identify questions to guide scientific investigations that connect to science concepts and can be answered through scientific investigations.

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1, 2, 3, 4	Inquiry 4	Choose the appropriate tools and instruments and use relevant safety procedures to complete scientific investigations.
1, 2, 3, 4	Inquiry 5	Analyze alternative scientific explanations and predictions and recognize that there may be more than one good way to interpret a given set of data.
1, 4	Inquiry 6	Identify faulty reasoning and statements that go beyond the evidence or misinterpret the evidence.
1, 2, 3, 4	Inquiry 7	Use graphs, tables and charts to study physical phenomena and infer mathematical relationships between variables (e.g., speed and density).
4	Ways of Knowing 1	Show that the reproducibility of results is essential to reduce bias in scientific investigations.
4	Ways of Knowing 2	Describe how repetition of an experiment may reduce bias.
2, 3, 4	Ways of Knowing 3	Describe how the work of science requires a variety of human abilities and qualities that are helpful in daily life (e.g., reasoning, creativity, skepticism and openness).

Grade 8

Lesson	Standard	Description
	Physical 4	Demonstrate that waves transfer energy.
2, 3, 4	Inquiry 1	Choose the appropriate tools or instruments and use relevant safety procedures to complete scientific investigations.
1, 3, 4	Inquiry 2	Describe the concepts of sample size and control and explain how these affect scientific investigations.
1, 2, 3, 4	Inquiry 3	Read, construct and interpret data in various forms produced by self and others in both written and oral form (e.g., tables, charts, maps, graphs, diagrams and symbols).
1, 2, 3, 4	Inquiry 4	Apply appropriate math skills to interpret quantitative data (e.g., mean, median and mode).
1, 2, 3, 4	Ways of Knowing 1	Identify the difference between description (e.g., observation and summary) and explanation (e.g., inference, prediction, significance and importance).
1, 2, 3, 4	Ways of Knowing 2	Explain why it is important to examine data objectively and not let bias affect observations.

Ohio Academic Standards for English Language Arts – Grades 6, 7, 8

Lesson	Standard	Description
All lessons	Vocabulary 1	Define the meaning of unknown words by using context clues and the author’s use of: definition, restatement and example (6 & 7); comparison, contrast and cause and effect (8).
All lessons	Reading Process 1	Establish and adjust purposes for reading, including to find out, to understand, to interpret, to enjoy and to solve problems. (6 & 7) Apply reading comprehension strategies, including making predictions, comparing and contrasting, recalling and summarizing and making inferences and drawing conclusions (8).
All lessons	Reading Process 2	Answer literal, inferential, evaluative and synthesizing questions to demonstrate comprehension of grade-appropriate print texts and electronic and visual media (8).

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All lessons	Reading Process 4	Summarize the information in texts, recognizing important ideas and supporting details, and noting (6) or referencing (7) gaps or contradictions.
All lessons	Reading Process 6	Answer literal, inferential, evaluative and synthesizing questions to demonstrate comprehension of grade-appropriate print texts and electronic and visual media (6 & 7).
All lessons	Reading Applications 2	Analyze examples of cause and effect and fact and opinion (6 & 7).
All lessons	Reading Applications 5	Analyze information found in maps, charts, tables, graphs, diagrams, cutaways (6) and overlays (7 & 8).
All lessons	Reading Applications 8	Summarize information from informational text, identifying the treatment, scope and organization of ideas (6).
All lessons	Writing Process 3	Establish a thesis statement for informational writing or a plan for narrative writing.
All lessons	Writing Process 4	Determine a purpose and audience (6 & 7) and plan strategies (e.g., adapting focus, content structure and point of view) to address purpose and audience (8).
All lessons	Writing Process 7	Vary simple, compound and complex sentence structures.
All lessons	Writing Process 9	Vary language and style as appropriate to audience and purpose (6).
3, 4, 5	Writing Process 17	Prepare for publication (e.g., for display or for sharing with others) writing that follows a format appropriate to the purpose, using such techniques as electronic resources, principles of design (e.g., margins, tabs, spacing and columns) and graphics (e.g., drawings, charts and graphs) to enhance the final product.
3, 4	Writing Applications 4	Write informational essays or reports, including research.
5	Writing Applications 5	Write persuasive essays that: establish a clear position and include organized and relevant information to support ideas (6 & 7); establish and develop a controlling idea, support arguments with detailed evidence, exclude irrelevant information, and cite sources of information (8).
All lessons	Writing Applications 6	Produce informal writings (e.g., journals, notes and poems) for various purposes.
All lessons	Writing Conventions 1	Spell frequently misspelled (6) and high frequency words correctly (7). Use correct spelling conventions (8).
3, 4	Research 1	Generate a topic, assigned or personal interest, and open-ended questions for research and develop a plan for gathering information (6 & 7). Compose open-ended questions for research, assigned or personal interest, and modify questions as necessary during inquiry and investigation (8).
All lessons	Research 2	Identify appropriate sources, and gather relevant information from multiple sources (e.g., school library catalogs, online databases, electronic resources and Internet-based resources).
All lessons	Research 8	Use a variety of communication techniques, including oral, visual, written or multimedia reports, to present

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		information that supports a clear position with organized and relevant evidence about the topic or research question.
All lessons	Communication 1	Demonstrate active listening strategies (e.g., asking focused questions, responding to cues, making visual contact) (6 & 7). Apply active listening strategies (e.g., monitoring message for clarity, selecting and organizing essential information, noting cues such as changes in pace) (8).
All lessons	Communication 2	Summarize the main idea and draw conclusions from presentations and visual media. (6) Draw logical inferences from presentations and visual media. (7)
All lessons	Communication 3	Interpret the speaker's purpose in presentations and visual media (e.g., to inform, to entertain, to persuade) (6 & 7).
All lessons	Communication 8	Deliver informational presentations (e.g., expository, research) that: demonstrate an understanding of the topic and present events or ideas in a logical sequence; support the controlling idea or thesis with relevant facts, details, examples, quotations, statistics, stories and anecdotes; include an effective introduction and conclusion and use a consistent organizational structure (e.g., cause-effect, compare-contrast); use appropriate visual materials (e.g., diagrams, charts, illustrations) and available technology; and draw from multiple sources and identify sources used.

Ohio Academic Standards for Mathematics – Grades 6, 7, 8

Grade 6

Lesson	Standard	Description
1, 2, 3, 5	Number, Number Sense and Operations 5	Use models and pictures to relate concepts of ratio, proportion and percent, including percents less than 1 and greater than 100.
1, 2, 3, 4	Number, Number Sense and Operations 14	Use proportional reasoning, ratios and percents to represent problem situations and determine the reasonableness of solutions.
1, 2, 3, 4	Patterns, Functions and Algebra 1	Represent and analyze patterns, rules and functions, using physical materials, tables and graphs.
1, 3, 4	Patterns, Functions and Algebra 5	Produce and interpret graphs that represent the relationship between two variables.
1, 3, 4, 5	Data Analysis and Probability 1	Read, construct and interpret line graphs, circle graphs and histograms.
All lessons	Data Analysis and Probability	Select, create and use graphical representations that are appropriate for the type of data collected.

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All lessons	Data Analysis and Probability 6	Make logical inferences from statistical data.
Grade 7		
Lesson	Standard	Description
1, 2, 3, 4	Number, Number Sense, and Operations 7	Solve problems using the appropriate form of a rational number (fraction, decimal or percent).
2	Measurement 1	Select appropriate units for measuring derived measurements; e.g., miles per hour, revolutions per minute.
2, 3, 4	Measurement 4	Solve problems involving proportional relationships and scale factors; e.g., scale models that require unit conversions within the same measurement system.
2, 3	Measurement 5	Analyze problem situations involving measurement concepts, select appropriate strategies, and use an organized approach to solve narrative and increasingly complex problems.
1, 2, 3, 4	Patterns, Functions and Algebra 1	Represent and analyze patterns, rules and functions with words, tables, graphs and simple variable expressions.
2, 3, 4	Patterns, Functions and Algebra 8	Use formulas in problem-solving situations.
1, 3, 4	Patterns, Functions and Algebra 10	Analyze linear and simple nonlinear relationships to explain how a change in one variable results in the change of another.
1, 3, 4	Data Analysis and Probability 1	Read, create and interpret box-and-whisker plots, stem-and-leaf plots, and other types of graphs, when appropriate.
1, 3, 4, 5	Data Analysis and Probability 2	Analyze how decisions about graphing affect the graphical representation; e.g., scale, size of classes in a histogram, number of categories in a circle graph.
1, 3, 4	Data Analysis and Probability 5	Compare data from two or more samples to determine how sample selection can influence results.
Grade 8		

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Lesson	Standard	Description
1, 2, 3, 4	Number, Number Sense, and Operations 6	Estimate, compute and solve problems involving rational numbers, including ratio, proportion and percent, and judge the reasonableness of solutions.
1, 2	Measurement 3	Use appropriate levels of precision when calculating with measurements.
1, 3, 4, 5	Data Analysis and Probability 1	Use, create and interpret scatterplots and other types of graphs as appropriate.
1	Data Analysis and Probability 7	Identify different ways of selecting samples, such as survey response, random sample, representative sample and convenience sample.
1, 3, 4, 5	Data Analysis and Probability 9	Construct convincing arguments based on analysis of data and interpretation of graphs.

National Health Education Standards – Grades 6 – 8: cited from pre-publication document of National Health Education Standards, Pre K-12, American Cancer Society, December 2005 – August 2006

Lesson	Standard	Performance Indicator
All lessons	1.8.1	Analyze the relationship between healthy behaviors and personal health.
3	1.8.2	Describe the interrelationship of emotional, intellectual, physical, and social health in adolescence.
All lessons	1.8.3	Analyze how the environment impacts personal health.
3, 5	1.8.4	Describe how family history can impact personal health.
2, 3, 4, 5	1.8.5	Describe ways to reduce or prevent injuries and other adolescent health problems.
2, 3, 4, 5	1.8.7	Describe the benefits and barriers to practicing healthy behaviors.
2, 3, 4, 5	1.8.8	Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
2, 3, 4, 5	1.8.9	Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
2, 3, 5	2.8.1	Examine how family influences the health of individuals.
2, 3, 5	2.8.3	Describe how peers influence healthy and unhealthy behaviors.
2, 3, 5	2.8.5	Analyze how messages from the media influence personal and family health.
1, 2, 3, 5	2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.
2, 3, 4, 5	2.8.9	Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
2, 3, 5	2.8.10	Explain how school and public health policies can influence health promotion and disease prevention.

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2, 3, 4, 5	3.8.1	Analyze the validity of health information, products, and services.
2, 3, 5	3.8.4	Describe situations that may require professional health services.
2, 3, 4, 5	4.8.1	Apply effective verbal and nonverbal communication skills to enhance health.
2, 3, 5	5.8.1	Identify circumstances that can help or hinder healthy decision-making.
2, 3, 5	5.8.2	Determine when health-related situations require the application of a thoughtful decision-making process.
2, 3, 5	5.8.3	Distinguish when individual or collaborative decision-making is appropriate.
2, 3, 5	5.8.5	Predict the potential short and long-term impact of each alternative on self and others.
2, 3, 5	5.8.6	Choose healthy alternatives over unhealthy alternatives when making a decision.
1, 2, 3, 5	5.8.7	Analyze the outcomes of a health-related decision.
1, 2, 5	6.8.1	Assess personal health practices.
5	6.8.2	Develop a goal to adopt, maintain, or improve a personal health practice.
5	6.8.3	Apply strategies and skills needed to attain a personal health goal.
2, 3, 5	6.8.4	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.
1, 2, 3, 5	7.8.1	Explain the importance of assuming responsibility for personal health behaviors.