

Foods – Six Easy Bites	
Level 1 – Grade 3 – 4	
Project 2061 Benchmarks (Grade 3 - 5)	
The Nature of Science	
Activity	Scientific Inquiry
2, 5 – 11 14, 16 - 18	Scientific investigations may take many different forms, including observing what things are like or what is happening somewhere, collecting specimens for analysis, and doing experiments. Investigations can focus on physical, biological, and social questions.
The Physical Setting	
	Structure of Matter
16	Heating and cooling cause changes in the properties of materials. Many kinds of changes occur faster under hotter conditions.
The Living Environment	
	Flow of Matter and Energy
4	Almost all kinds of animals' food can be traced back to plants.
Human Society	
	Cultural Effects of Behavior
5, 20, 22, 23	People can learn about others from direct experience, from the mass communications media, and from listening to other people talk about their work and their lives. People also sometimes imitate people-or characters-in the media.
	Social Tradeoffs
8, 17	In making decisions, it helps to take time to consider the benefits and drawbacks of alternatives.
The Designed World	
	Agriculture
9, 10, 17, 19	Heating, salting, smoking, drying, cooling, and airtight packaging are ways to slow down the spoiling of food by microscopic organisms. These methods make it possible for food to be stored for long intervals before being used.
The Human Organism	
	Basic Functions
2 – 4	From food, people obtain energy and materials for body repair and growth. The indigestible parts of food are eliminated.

	Physical Health
2 – 4, 7	Food provides energy and materials for growth and repair of body parts. Vitamins and minerals, present in small amounts in foods, are essential to keep everything working well. As people grow up, the amounts and kinds of food and exercise needed by the body may change.
9 - 11	If germs are able to get inside one's body, they may keep it from working properly. For defense against germs, the human body has tears, saliva, skin, some blood cells, and stomach secretions. A healthy body can fight most germs that do get inside. However, there are some germs that interfere with the body's defenses.

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NH Science Frameworks (Grade K – 6)	
Science as Inquiry	
Activity	1a. Students will demonstrate an increasing understanding of how the scientific enterprise operates
2, 9 – 11 14, 18	Design and conduct a scientific investigation exploring the relationship between two variables
6, 7	Read bar graphs, line graphs, circle graphs, and tables
2	Construct explanations, including the development of simple models, for observations made
2, 10	Communicate scientific procedures and explanations
2	Make hypotheses and design simple experiments to test hypotheses made
2, 10	Recognize the variables in a situation and the importance of controlling them when conducting a scientific investigation
	Seek information for comparing past and present scientific ideas and theories
Science, Technology, and Society	
	2a. Students will demonstrate an increasing ability to use measuring instruments to gather accurate and/or precise information.
9	Use an assortment of measuring instruments, with a variety of scales, such as rulers, thermometers, graduated cylinders, balances, and timers
	2b. Students will demonstrate an increasing ability to use technology to observe nature
10	Explore nature with simple scientific tools, e.g. magnifying glasses, levers, pulleys, batteries and bulbs
	2d. Students will demonstrate an increasing ability to understand how technology is used to synthesize new products.
16	Construct simple projects from readily available materials found at home
Life Science	
	3b. Students will demonstrate an increasing ability to understand how environmental factors affect all living systems (i.e. individuals, community, biome, the biosphere) as well as species to species interactions.
1 - 4	Identify and describe the basic requirements for sustaining life, e.g. plants and animals need food for energy and growth

	3d. Students will demonstrate an increasing ability to understand fundamental structures, functions, and mechanisms of inheritance found in microorganisms, fungi, protists, plants, and animals.
3, 4	Explain how the human body remains healthy and fights-off disease, i.e. the immune system, the influence of diet, food and exercise, the influence of microorganisms (bacteria, viruses, protista)
Unifying Themes and Concepts	
	6a. Students will demonstrate an increasing ability to recognize parts of any object or system, and understand how the parts interrelate in the operation of that object or system.
21	Identify and describe the essentials parts of any object or system
21	Describe the interrelationships among the parts of an object or system
	6d. Students will increasingly quantify their interactions with phenomena in the natural world, use these results to understand differences of scale in objects and systems, and determine how changes in scale affect various properties of those objects and systems.
9	Measure properties of objects, to a reasonable degree of accuracy, using standard scientific instruments such as a ruler, balance, clock, and thermometer

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NH Career Development Frameworks (Grade K – 4)	
Core Educational Learning	
	1. Students will demonstrate a firm grounding in the interactive language processes of reading, writing, speaking, listening, and viewing, as well as the ability to use those skills to communicate effectively.
22	Demonstrate effective study and information-seeking habits.
20	Demonstrate the capacity to use a variety of basic reference tools, such as dictionaries, maps and globes, encyclopedias, newspapers, and magazines.
5 – 11, 14 – 23	Use appropriate forms of language to formulate and articulate effective oral and/or written responses.
8, 20	Demonstrate the capacity to communicate constructively with peers and adults.
18, 20	Actively seek response, advice, and critique from others.
Individual and Social Learning	
	4. The student will develop characteristics and behaviors necessary for success in school, work, and everyday settings.
1 – 4, 6, 7, 9 – 11	Demonstrate knowledge of good health habits.
Career Learning	
	6. Students will acquire the knowledge, attitudes and skills to make a successful transition from school to the world of work and adult life.
20	Demonstrate an awareness and knowledge of the work of family members, school personnel and community workers.
20	Demonstrate the ability to obtain information about jobs from parents, relatives, adult friends and/or neighbors and share that information with classmates.
20, 21	Describe jobs that are present in the community or region.
20	Use media and technology to identify a variety of occupations.