



Education Standards  
 Read the Label Community Educator's  
 Outreach Manual  
 and  
 Read the Label Leader's Guide

**Read the Label Community Educator's Outreach Manual**  
**Education Standards by Activity**

	<b>When Choosing Snacks</b>	<b>When Packing Lunch</b>	<b>Shake Down Sodium</b>	<b>At the Supermarket</b>
NSFCSE: Food Science, Dietetics, and Nutrition	✓	✓	✓	✓
NSFCSE: Nutrition and Wellness	✓	✓	✓	✓
National Health Education Standards (1)	✓	✓	✓	✓
National Health Education Standards (2)		✓		
National Health Education Standards (3)	✓	✓	✓	✓
National Health Education Standards (5)	✓	✓	✓	✓
National Health Education Standards (7)	✓	✓	✓	✓
Common Core, ELA/Literacy	✓	✓	✓	✓
Common Core, Math	✓	✓	✓	✓

See page 3 for full standards: NGSS, NSFCSE, National Health Education Standards, and Common Core Math and ELA/Literacy.

**Read the Label Leader's Guide**  
**Education Standards by Activity**

	<b>The Nutrition Facts Food Label: What's On It for Me?</b>	<b>Afterschool Snacks: A Teachable Moment</b>	<b>Mini Activities</b>
NSFCSE: Food Science, Dietetics, and Nutrition	✓	✓	✓
NSFCSE: Nutrition and Wellness	✓	✓	✓
National Health Education Standards (1)	✓	✓	✓
National Health Education Standards (2)		✓	✓
National Health Education Standards (3)	✓	✓	✓
National Health Education Standards (4)			✓
National Health Education Standards (5)	✓	✓	✓
National Health Education Standards (7)	✓	✓	✓
Common Core, ELA/Literacy	✓	✓	✓
Common Core, Math	✓	✓	✓

See page 3 for full standards: NGSS, NSFCSE, National Health Education Standards, and Common Core Math and ELA/Literacy.

## NSFCSE – National Standards for Family and Consumer Science Education<sup>1</sup>

Food Science, Dietetics, and Nutrition Competencies:

9.3.2 Analyze nutritional data.

9.3.6 Critique the selection of foods to promote a healthy lifestyle.

9.4.1 Analyze nutritional needs of individuals.

9.7.1 Explain the properties of elements, compounds, and mixtures in foods and food products.

Nutrition and Wellness Competencies:

14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.

14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.

14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.

14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.

## National Health Education Standards (CDC/American Cancer Society)<sup>2</sup>

(1) Comprehend concepts related to health promotion and disease prevention to enhance health.

(2) Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

(3) Demonstrate the ability to access valid information and products and services to enhance health.

(4) Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

(5) Demonstrate the ability to use decision-making skills to enhance health.

(6) Demonstrate the ability to use goal-setting skills to enhance health.

(7) Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risk.

## Common Core, ELA/Literacy<sup>3</sup>

### Grade 4

W.4.1 Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

W.4.4 Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

SL.4.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others' ideas and expressing their own clearly.

L.4.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

L.4.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening.

L.4.6 Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases, including those that signal precise actions, emotions, or states of being (e.g., quizzed, whined, stammered) and that are basic to a particular topic (e.g., *wildlife, conservation, and endangered* when discussing animal preservation)

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1. National Standards for Family and Consumer Sciences Education. © 2018 Developed by National Association of State Administrators of Family and Consumer Sciences (NASAFACS)

2. Joint Committee on National Health Education Standards. (2007). *National Health Education Standards, Second Edition: Achieving Excellence*. Washington, D.C.: The American Cancer Society.

3. Common Core State Standards. © 2010 National Governors Association Center for Best Practices, Council of Chief State School Officers, Washington, D.C. All rights reserved.

## Grade 5

- W.5.1 Write opinion pieces on topics or texts, supporting a point of view with reasons and information.
- W.5.4 Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.
- SL.5.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 5 topics and texts*, building on others' ideas and expressing their own clearly.
- L.5.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
- L.5.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening.
- L.5.6 Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases, including those that signal contrast, addition, and other logical relationships (e.g., *however, although, nevertheless, similarly, moreover, in addition*).

## Grade 6

- W.6.1 Write arguments to support claims with clear reasons and relevant evidence.
- W.6.4 Produce clear and coherent writing in which the development, organization, and style are appropriate to the task, purpose, and audience.
- SL.6.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly.
- L.6.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
- L.6.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening.
- L.6.6 Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.
- RH.6-8.7 Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts.

## Grade 7

- W.7.1 Write arguments to support claims with clear reasons and relevant evidence.
- W.7.4 Produce clear and coherent writing in which the development, organization, and style are appropriate to the task, purpose, and audience.
- SL.7.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly.
- L.7.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
- L.7.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening.
- L.7.6 Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.
- RH.6-8.7 Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts.

## Grade 8

- W.8.1 Write arguments to support claims with clear reasons and relevant evidence.
- W.8.4 Produce clear and coherent writing in which the development, organization, and style are appropriate to the task, purpose, and audience.
- SL.8.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade-level topics, texts, and issues, building on others' ideas and expressing their own clearly.
- L.8.1 Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
- L.8.3 Use knowledge of language and its conventions when writing, speaking, reading, or listening.
- L.8.6 Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.
- RH.6-8.7 Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts.

## Common Core, Math<sup>3</sup>

### Grade 4

- 4.NBTB.1 Fluently add and subtract multi-digit whole numbers using the standard algorithm.

### Grade 5

- 5.OA.2 Write simple expressions that record calculations with numbers, and interpret numerical expressions without evaluating them.
- 5.MD.1 Convert among different-sized standard measurement units within a given measurement system (e.g., convert 5cm to 0.05 m) and use these conversions in solving multi-step, real world problems.

### Grade 6

- 6.NS.3 Fluently add, subtract, multiply, and divide multi-digit decimals using the standard algorithms for each operation.

### Grade 7

- 7.NS.3 Solve real-world and mathematical problems involving the four operations with rational numbers.