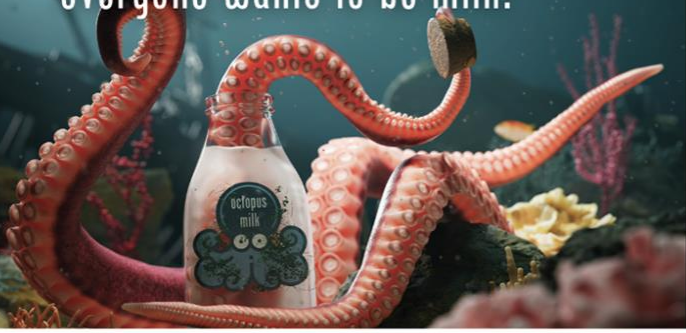


everyone wants to be milk.



get real. be yourself.



Mission Authenticity

ENGLISH LANGUAGE ARTS COMMON CORE STATE STANDARDS¹,
 NATIONAL HEALTH EDUCATION STANDARDS²,
 AND SOCIAL-EMOTIONAL LEARNING – CASEL FRAMEWORK³
 GRADES 6-12

GRADE 6 English Language Arts Standards ¹	Activity 1: The Importance of Real Nutrition	Activity 2: All About “The Real You”	Activity 3: Test Your Smarts: The “Real” California
Reading Informational Text			
Key Ideas and Details			
1. Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.	•		
Integration of Knowledge and Ideas			
7. Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.	•		
Writing			
Text Types and Purposes			
2. Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.	•	•	
Production and Distribution of Writing			
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	•	•	
5. With some guidance and support from peers and adults, develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach.	•	•	
Research to Build and Present Knowledge			
7. Conduct short research projects to answer a question, drawing on several sources and refocusing the inquiry when appropriate.	•		

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2. National Health Education Standards. © 2023 SHAPE America. All rights reserved.

3. Collaborative for Academic, Social, and Emotional Learning (CASEL) Framework. © 2023 CASEL. All rights reserved.

GRADE 6 (continued)			
English Language Arts Standards¹	Activity 1	Activity 2	Activity 3
Speaking and Listening			
Comprehension and Collaboration			
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.	•	•	•
2. Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.	•		
Presentation of Knowledge and Ideas			
4. Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts, and details to accentuate main ideas or themes; use appropriate eye contact, adequate volume, and clear pronunciation.	•		
Language			
Conventions of Standard English			
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	•	•	•
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	•	•	•
Knowledge of Language			
3. Use knowledge of language and its conventions when writing, speaking, reading, or listening.	•	•	•

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GRADE 7 English Language Arts Standards ¹	Activity 1	Activity 2	Activity 3
Reading Informational Text			
Key Ideas and Details			
1. Cite several pieces of textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.	•		
Integration of Knowledge and Ideas			
8. Trace and evaluate the argument and specific claims in a text, distinguishing claims that are supported by reasons and evidence from claims that are not.	•		
Writing			
Text Types and Purposes			
2. Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.	•	•	
Production and Distribution of Writing			
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	•	•	
5. With some guidance and support from peers and adults, develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on how well purpose and audience have been addressed.	•	•	
Research to Build and Present Knowledge			
7. Conduct short research projects to answer a question, drawing on several sources and generating additional related, focused questions for further research and investigation.	•		
Speaking and Listening			
Comprehension and Collaboration			
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.	•	•	•
Presentation of Knowledge and Ideas			
4. Present claims and findings, emphasizing salient points in a focused, coherent manner with pertinent descriptions, facts, details, and examples; use appropriate eye contact, adequate volume, and clear pronunciation.	•		
Language			
Conventions of Standard English			
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	•	•	•
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	•	•	•
Knowledge of Language			
3. Use knowledge of language and its conventions when writing, speaking, reading, or listening.	•	•	•

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GRADE 8 English Language Arts Standards ¹	Activity 1	Activity 2	Activity 3
Reading Informational Text			
Key Ideas and Details			
1. Cite the textual evidence that most strongly supports an analysis of what the text says explicitly as well as inferences drawn from the text.	•		
Writing			
Text Types and Purposes			
2. Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.	•	•	
Production and Distribution of Writing			
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	•	•	
5. With some guidance and support from peers and adults, develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on how well purpose and audience have been addressed.	•		
Research to Build and Present Knowledge			
7. Conduct short research projects to answer a question, drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.	•		
Speaking and Listening			
Comprehension and Collaboration			
1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.	•	•	
Presentation of Knowledge and Ideas			
4. Present claims and findings, emphasizing salient points in a focused, coherent manner with relevant evidence, sound valid reasoning, and well-chosen details; use appropriate eye contact, adequate volume, and clear pronunciation.	•	•	
Language			
Conventions of Standard English			
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	•	•	•
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	•	•	•
Knowledge of Language			
3. Use knowledge of language and its conventions when writing, speaking, reading, or listening.	•	•	•

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GRADES 9 & 10 English Language Arts Standards ¹	Activity 1	Activity 2	Activity 3
Reading Informational Text			
Key Ideas and Details			
1. Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.	•		
Writing			
Text Types and Purposes			
2. Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.	•	•	
Production and Distribution of Writing			
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	•	•	
5. Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.	•		
Speaking and Listening			
Comprehension and Collaboration			
1. Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	•	•	
Presentation of Knowledge and Ideas			
4. Present information, findings, and supporting evidence clearly, concisely, and logically such that listeners can follow the line of reasoning and the organization, development, substance, and style are appropriate to purpose, audience, and task.	•	•	
Language			
Conventions of Standard English			
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	•	•	•
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	•	•	•
Knowledge of Language			
3. Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.	•	•	•

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GRADES 11 & 12	Activity 1	Activity 2	Activity 3
English Language Arts Standards¹			
Reading Informational Text			
Key Ideas and Details			
1. Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text, including determining where the text leaves matters uncertain.	●		
Writing			
Text Types and Purposes			
2. Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.	●	●	
Production and Distribution of Writing			
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	●	●	
5. Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.	●	●	
Speaking and Listening			
Comprehension and Collaboration			
1. Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 11–12 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	●	●	●
Presentation of Knowledge and Ideas			
4. Present information, findings, and supporting evidence, conveying a clear and distinct perspective, such that listeners can follow the line of reasoning, alternative or opposing perspectives are addressed, and the organization, development, substance, and style are appropriate to purpose, audience, and a range of formal and informal tasks.	●	●	
Language			
Conventions of Standard English			
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	●	●	●
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	●	●	●
Knowledge of Language			
3. Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.	●	●	●

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GRADES 6-12 National Health Education Standards²	Activity 1: The Importance of Real Nutrition	Activity 2: All About “The Real You”	Activity 3: Test Your Smarts: The “Real” California
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.	<ul style="list-style-type: none"> • • • 		

2. National Health Education Standards. © 2023 SHAPE America. All rights reserved.

GRADES 6-12 Social Emotional Learning -- CASEL Framework³	Activity 1: The Importance of Real Nutrition	Activity 2: All About “The Real You”	Activity 3: Test Your Smarts: The “Real” California
SELF-AWARENESS: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts. SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.		<ul style="list-style-type: none"> • • 	

3. Collaborative for Academic, Social, and Emotional Learning (CASEL) Framework. © 2023 CASEL. All rights reserved.

**GRADES 6-12
BONUS ACTIVITIES**

	Bonus Activity 1: Finding Truth in Real Life	Bonus Activity 2: My Authentic Life
GRADE 6		
English Language Arts Standards¹		
Reading Informational Text		
Craft and Structure		
8. Trace and evaluate the argument and specific claims in a text, distinguishing claims that are supported by reasons and evidence from claims that are not.	●	
Writing		
Text Types and Purposes		
2. Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.		●
Production and Distribution of Writing		
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.		●
Speaking and Listening		
Comprehension and Collaboration		
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.		●
Presentation of Knowledge and Ideas		
4. Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts, and details to accentuate main ideas or themes; use appropriate eye contact, adequate volume, and clear pronunciation.		●
Language		
Conventions of Standard English		
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	●	●
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	●	●
Knowledge of Language		
3. Use knowledge of language and its conventions when writing, speaking, reading, or listening.	●	●

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GRADE 7 English Language Arts Standards¹	Bonus Activity 1	Bonus Activity 2
Reading Informational Text		
Key Ideas and Details		
8. Trace and evaluate the argument and specific claims in a text, distinguishing claims that are supported by reasons and evidence from claims that are not.	•	
Writing		
Text Types and Purposes		
2. Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.		•
Production and Distribution of Writing		
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.		•
Speaking and Listening		
Comprehension and Collaboration		
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.		•
Presentation of Knowledge and Ideas		
4. Present claims and findings, emphasizing salient points in a focused, coherent manner with pertinent descriptions, facts, details, and examples; use appropriate eye contact, adequate volume, and clear pronunciation.		•
Language		
Conventions of Standard English		
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	•	•
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	•	•
Knowledge of Language		
3. Use knowledge of language and its conventions when writing, speaking, reading, or listening.	•	

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GRADE 8 English Language Arts Standards¹	Bonus Activity 1	Bonus Activity 2
Reading Informational Text		
Key Ideas and Details		
1. Cite the textual evidence that most strongly supports an analysis of what the text says explicitly as well as inferences drawn from the text.	•	
Integration of Knowledge and Ideas		
Writing		
Text Types and Purposes		
2. Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.		•
Production and Distribution of Writing		
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.		•
Speaking and Listening		
Comprehension and Collaboration		
1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.		•
Presentation of Knowledge and Ideas		
4. Present claims and findings, emphasizing salient points in a focused, coherent manner with relevant evidence, sound valid reasoning, and well-chosen details; use appropriate eye contact, adequate volume, and clear pronunciation.		•
Language		
Conventions of Standard English		
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	•	•
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	•	•
Knowledge of Language		
3. Use knowledge of language and its conventions when writing, speaking, reading, or listening.	•	•

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GRADES 9 & 10 English Language Arts Standards ¹	Bonus Activity 1	Bonus Activity 2
Reading Informational Text		
Key Ideas and Details		
1. Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.	●	
Writing		
Text Types and Purposes		
2. Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.		●
Production and Distribution of Writing		
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.		●
Speaking and Listening		
Comprehension and Collaboration		
1. Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.		●
Presentation of Knowledge and Ideas		
4. Present information, findings, and supporting evidence clearly, concisely, and logically such that listeners can follow the line of reasoning and the organization, development, substance, and style are appropriate to purpose, audience, and task.		●
Language		
Conventions of Standard English		
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	●	●
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	●	●
Knowledge of Language		
3. Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.	●	●

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GRADES 11 & 12 English Language Arts Standards ¹	Bonus Activity 1	Bonus Activity 2
Reading Informational Text		
Key Ideas and Details		
1. Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text, including determining where the text leaves matters uncertain.	•	
Writing		
Text Types and Purposes		
2. Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.		•
Production and Distribution of Writing		
4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.		•
Speaking and Listening		
Comprehension and Collaboration		
1. Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 11–12 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.	•	•
Presentation of Knowledge and Ideas		
4. Present information, findings, and supporting evidence, conveying a clear and distinct perspective, such that listeners can follow the line of reasoning, alternative or opposing perspectives are addressed, and the organization, development, substance, and style are appropriate to purpose, audience, and a range of formal and informal tasks.		•
Language		
Conventions of Standard English		
1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	•	•
2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	•	•
Knowledge of Language		
3. Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.	•	•

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GRADES 6-12 Social-Emotional Learning -- CASEL Framework ³	Bonus Activity 1: Finding Truth in Real Life	Bonus Activity 2: My Authentic Life
SELF-AWARENESS: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.		•
SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.		•

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