Fuel Your Brain & Body

Florida B.E.S.T. (CPALMs) Standards*

Grades 6-12

GRADE 6	Activity 1	Activity 2	Activity 3
English Language Arts (B.E.S.T.) – Foundational Skills			
Applying Foundational Reading Skills ELA.612.F.2.4 Read grade-level texts, at the student's ability level, with accuracy, automaticity, and prosody or expression using the student's mode of communication.	✓	✓	✓
English Language Arts (B.E.S.T.) – Communication			
Following Conventions ELA.6.C.3.1 Follow the rules of standard English grammar, punctuation, capitalization, and spelling appropriate to grade level.	✓	✓	✓
Consumer Health			
Prevention and Decision Making HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	✓		✓
Personal Health Concepts			
Internal and External Influence HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors.	✓		✓
Prevention and Decision Making HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	✓	✓	✓
GRADE 7			
English Language Arts (B.E.S.T.) – Foundational Skills			
Applying Foundational Reading Skills ELA.612.F.2.4 Read grade-level texts, at the student's ability level, with accuracy, automaticity, and prosody or expression using the student's mode of communication.	✓	✓	✓
English Language Arts (B.E.S.T.) – Communication			
Following Conventions ELA.7.C.3.1 Follow the rules of standard English grammar, punctuation, capitalization, and spelling appropriate to grade level.	✓	✓	✓
Consumer Health			
Prevention and Decision Making HE.7.CH.3.1 Analyze the validity of health information, products, and services.	✓		✓
Personal Health Concepts			
Internal and External Influence HE.7.PHC.2.1 Interpret the potential impact of media/social media on health behaviors, personal thoughts, and feelings.	✓		✓
Prevention and Decision Making HE.7.PHC.3.2 Select healthy alternatives over unhealthy alternatives when making a decision.	✓	✓	✓

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GRADE 8			
English Language Arts (B.E.S.T.) – Foundational Skills			
Applying Foundational Reading Skills ELA.612.F.2.4 Read grade-level texts, at the student's ability level, with accuracy, automaticity, and prosody or expression using the student's mode of communication.	✓	✓	✓
English Language Arts (B.E.S.T.) – Communication			
Following Conventions ELA.8.C.3.1 Follow the rules of standard English grammar, punctuation, capitalization, and spelling appropriate to grade level.	✓	✓	✓
Consumer Health			
Internal and External Influence HE.8.CH.2.3 Analyze the influence of technology on personal and family health.	✓		✓
Prevention and Decision Making HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	✓		✓
Personal Health Concepts			
Internal and External Influence HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health.	✓		✓
Prevention and Decision Making HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision.	✓	✓	✓

GRADES 6-8			
Life Science			
Organization and Development of Living Organisms SC.6.L.14.3 - Recognize and explore how cells of all organisms undergo similar processes to maintain homeostasis, including extracting energy from food, getting rid of waste, and reproducing.		✓	
Matter and Energy Transformations SC.8.L.18.2 - Describe and investigate how cellular respiration breaks down food to provide energy and releases carbon dioxide.		✓	

GRADE 9			
English Language Arts (B.E.S.T.) – Foundational Skills			
Applying Foundational Reading Skills ELA.612.F.2.4 Read grade-level texts, at the student's ability level, with accuracy, automaticity, and prosody or expression using the student's mode of communication.	✓	✓	✓
English Language Arts (B.E.S.T.) – Communication			
Following Conventions ELA.9.C.3.1 Follow the rules of standard English grammar, punctuation, capitalization, and spelling appropriate to grade level.	✓	✓	✓
Personal Health Concepts			
Internal and External Influence HE.912.PHC.2.1 Evaluate how the influences of social media affect physical and/or mental health, and the ability to make healthy choices.	✓		✓
HE.912.PHC.2.8 Design a social media campaign that positively influences physical and/or mental health.		✓	✓
GRADE 10			
English Language Arts (B.E.S.T.) – Foundational Skills			
Applying Foundational Reading Skills ELA.612.F.2.4 Read grade-level texts, at the student's ability level, with accuracy, automaticity, and prosody or expression using the student's mode of communication.	✓	✓	✓
English Language Arts (B.E.S.T.) – Communication			
Following Conventions ELA.10.C.3.1 Follow the rules of standard English grammar, punctuation, capitalization, and spelling appropriate to grade level.	✓	✓	✓
Personal Health Concepts			
Internal and External Influence HE.912.PHC.2.1 Evaluate how the influences of social media affect physical and/or mental health, and the ability to make healthy choices.	✓		✓
HE.912.PHC.2.8 Design a social media campaign that positively influences physical and/or mental health.		✓	✓
GRADE 11			
English Language Arts (B.E.S.T.) – Foundational Skills			
Applying Foundational Reading Skills ELA.612.F.2.4 Read grade-level texts, at the student's ability level, with accuracy, automaticity, and prosody or expression using the student's mode of communication.	✓	✓	✓
English Language Arts (B.E.S.T.) – Communication			
Following Conventions ELA.11.C.3.1 Follow the rules of standard English grammar, punctuation, capitalization, and spelling appropriate to grade level.	✓	✓	✓
Personal Health Concepts			
Internal and External Influence HE.912.PHC.2.1 Evaluate how the influences of social media affect physical and/or mental health, and the ability to make healthy choices.	✓		✓
HE.912.PHC.2.8 Design a social media campaign that positively influences physical and/or mental health.		✓	✓

GRADE 12			
English Language Arts (B.E.S.T.) – Foundational Skills			
Applying Foundational Reading Skills ELA.612.F.2.4 Read grade-level texts, at the student's ability level, with accuracy, automaticity, and prosody or expression using the student's mode of communication.	✓	✓	✓
English Language Arts (B.E.S.T.) – Communication			
Following Conventions ELA.12.C.3.1 Follow the rules of standard English grammar, punctuation, capitalization, and spelling appropriate to grade level.	✓	✓	✓
Personal Health Concepts			
Internal and External Influence HE.912.PHC.2.1 Evaluate how the influences of social media affect physical and/or mental health, and the ability to make healthy choices.	✓		✓
HE.912.PHC.2.8 Design a social media campaign that positively influences physical and/or mental health.		✓	✓