



3rd Grade Nutrition Unit

Consolidated Unit Benchmarks Grouped by Report Card Descriptor

Benchmarks that align with “Understands science concepts” report card descriptor.

- The food pyramid provides guidelines for a healthy diet. It outlines the daily-recommended servings of each food group (grains, milk, fruits, vegetables, meat & beans, and oils). Following the recommendations helps maintain a balanced diet and healthy weight.
- Food labels contain information on serving size, servings per container, calories, and nutrients in foods. The information is useful for making healthy food choices.
- Health requires a balanced diet, exercise, and adequate sleep.

Benchmarks that align with “Effectively uses science process skills” report card descriptor.

- Uses numerical data in describing and comparing objects and events.

Benchmarks that align with “Actively contributes to one’s own learning and the learning of others in the science classroom” report card descriptor. The list of behaviors is a sample for this category.

- Willing to share reasons for findings and consider reasons suggested by others.
- Shares and takes turn in teams.
- Listens when others talk.
- Asks questions to help understand someone else’s ideas.
- Willing to discuss multiple ideas before selecting one.
- Refrains from putting-down classmates.
- Works collaboratively and responsibly with team members.