Supporting the Common Core through Nutrition Education

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Objective:

- For you to feel comfortable in communicating about how your nutrition curricula aligns with Common Core State Standards
Outline

1. Common Core State Standards
   a) Development Process
   b) Overview of the standards
   c) How nutrition education can support Common Core

2. Activity to explore alignment of existing nutrition curricula with Common Core State Standards
   a) Engage in activity
   b) Discuss/share findings
How was Common Core developed?

• Who?
  • State leaders from across the U.S.
    • Council of Chief State School Officers and
    • National Governors Association
  • Educators, administrators, and parents

• How?
  • Identified best standards around the country
  • Used evidence of what is needed for students to be successful in college and career
California Transition Timeline

Adopted by CA 2010

Implementation Began 2012

Computer-based testing is being piloted 2014
What is the Common Core?

What students should know and be able to do in order to be prepared for college and career.

Two Subject Areas:
1. English/Language-Arts & Literacy in history, social studies, science, and technical subjects
2. Mathematics
What is meant by “College and Career Ready?”

- Comprehend and evaluate complex texts
- Construct arguments
- Convey information
- Ask questions
- Build on others’ ideas
- Read purposefully
- Listen attentively
- Adapt communication to a particular audience
- Work to understand what is being communicated
- Use relevant evidence to support ideas
- Use technology
- Work to understand other perspectives and cultures
- Evaluate arguments critically and constructively
How are the Common Core State Standards different from Content Standards?

- Less Prescriptive
  - More freedom for teachers to decide how standards are met
  - Standards can be met through integration with other disciplines (i.e., Nutrition Education)
- Extends beyond conceptual knowledge
  - Critical thinking and reasoning skills
  - Problem-solving skills
  - Creativity
  - Innovation
Overview of English Language Arts Standards

- K-5 English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects
- Grades 6-12 English Language Arts
- Grades 6-12 Literacy in History/Social Studies, Science and Technical Subjects
College and Career Readiness
Anchor Standards

- Common Core for English Language-Arts has a foundation of “Anchor” Standards
  - Broad goals for college and career readiness
  - Applies to grades K-12
  - Grade-level standards are specific and developmentally appropriate
Common Core English Language-Arts Strands

- Reading
  - Literature
  - Informational Texts
- Writing
- Speaking & Listening
- Language
Anchor Standards for Reading (K-12)

Key Ideas and Details
- Read closely to determine what a text says
- Be able to make logical inferences from a text
- Determine ideas or themes

Craft and Structure
- Interpret words and phrases
- Analyze the structure of texts, including how specific sentences, paragraphs, etc. relate to the whole text

Integration of knowledge and ideas
- Integrate and evaluate content presented in diverse media and formats
- Delineate and evaluate claims, including validity of reasoning

Range of Reading and Level of Text Complexity
- Read and comprehend complex literary and informational text
Anchor Standards for Speaking and Listening (K-12)

Comprehension and Collaboration
- Effectively participate in conversations
- Integrate and evaluate information presented in different formats, including visually, quantitatively, and orally.
- Evaluate a speaker’s point of view, reasoning, and use of evidence.

Presentation of Knowledge and Ideas
- Present information, findings, and supportive evidence
- Make strategic use of digital media and visual displays
- Adapt speech to a variety of contexts and communicative tasks
Anchor Standards for Language (K-12)

Conventions of Standard English
- Demonstrate command of English grammar, punctuation, and spelling when writing

Knowledge of Language
- Apply knowledge of language to understand how language functions in different contexts, to make choices for meaning or style, and comprehend fully when reading or listening.

Vocabulary Acquisition and Use
- Determine the meaning of an unknown words or phrases by using context clues and reference materials
- Demonstrate understanding of figurative language
- Use a range of general academic and domain-specific words
Anchor Standards for Writing (K-12)

Text Types and Purposes
- Write arguments to support claims
- Write informative/explanatory texts
- Write narratives to develop real or imagined experiences

Production and Distribution of Writing
- Produce clear and coherent writing
- Develop and strengthen writing by planning, revising, editing and rewriting

Research to Build and Present Knowledge
- Conduct research projects focused on questions, demonstrating understanding of subject being investigated
- Gather relevant information, assessing credibility of the source
- Draw evidence from literary/information texts

Range of Writing
- Write routinely for a wide variety of tasks, purposes, and audiences.
Nutrition Education & English Language Arts Standards

• Reading informational texts
  • Nutrition Facts Labels
  • Using the MyPlate website to find individual recommendations
• Language
  • Develop understanding of nutrition and health vocabulary
• Speaking and listening skills
  • Discussion during group activities
  • Presenting information and ideas
• Writing
Overview of Mathematics

1. Mathematics K-8
2. Higher Mathematics
Mathematics K-8: Practice Standards

1. Make sense of problems and persevere in solving them
2. Reason abstractly and quantitatively
3. Construct viable arguments and critique the reasoning of others
4. Model with mathematics
5. Use appropriate tools strategically
6. Attend to precision
7. Look for and make use of structure
8. Look for and express regularity in repeated reasoning
### Mathematics K-8: Content Standards

<table>
<thead>
<tr>
<th>Category</th>
<th>Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counting</td>
<td>• Counting to 100 by ones and tens</td>
</tr>
<tr>
<td>Operations and Algebraic Thinking</td>
<td>• Using the four operations to solve problems</td>
</tr>
<tr>
<td>Number and Operations</td>
<td>• Fractions, Multiplying/dividing fractions, Percent</td>
</tr>
<tr>
<td>Measurement and Data</td>
<td>• Units of measurement, and use charts and graphs to represent data</td>
</tr>
<tr>
<td>Geometry</td>
<td>• Reasoning with shapes</td>
</tr>
<tr>
<td>Ratios and Proportion</td>
<td>• Using ratios to solve problems</td>
</tr>
<tr>
<td>Expressions and Equations</td>
<td>• Write and evaluate expressions and equations</td>
</tr>
<tr>
<td>Statistics and Probability</td>
<td>• Understanding variability, being able to summarize data using number lines, dot plots, histograms</td>
</tr>
</tbody>
</table>
Higher Mathematics

- Organized by conceptual area:
  - Number and Quantity
  - Algebra
  - Functions
  - Modeling
  - Geometry
  - Statistics and Probability
Nutrition Education & Mathematics Content Standards

- **Number and Operations**
  - Fractions as numbers
    - Food measurements (i.e., ½ cup, ¼ cup)
  - Multiplication/division of fractions
    - Calculate how many ½ cup servings of fruit are consumed
  - Percent
    - Calculate Daily Value using nutrient information

- **Measurement and Data**
  - Using food measurements (weight, volume)
  - Converting between food measurements
    - i.e., tablespoons to cups, ounces to pounds
  - Using a graph to chart physical activity over a week
How do existing curricula align with Common Core State Standards?
Activity

• At each table, two groups of 3-4 people
• Materials:
  (1) One copy of a nutrition curriculum activity for each group
  (2) Four sets of the grade-specific standards for each activity
    • Happy, Healthy Me! (Kindergarten Standards)
      • MyPlate Activity 1: Read Aloud Beastly Feast
      • Snack Activity 1: Read Aloud The Very Hungry Caterpillar
    • Eating Healthy from Farm to Fork (Grade Two Standards)
      • Lesson 4 Activity 1: How Do You Eat Your Fruit?
      • Lesson 6 Activity 2: Counting On Agriculture
    • Hunger Attack! (Grades 9-10 Standards)
      • Activity 1: MyPlate My Way
      • Activity 5: Fat Facts
Activity Procedure

1. Review the activity
2. Identify one or more Common Core State Standard that align(s) with the activity
3. Record which standards you think the activity is aligned with
4. Be ready to share your thoughts with the group
Discussion

1. Which standards did you think aligned with the nutrition activity and why?
Thank You

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Full Common Core State Standards are available:
http://www.cde.ca.gov/re/cc/