

**Hip Hop Healthy Heart Program for Children™ / Module 3: Eat Good Food Dude 4-6<sup>th</sup> Grade**  
**Activity Correlation to Latest Arizona State Curriculum Standards - Updated June 2009**

<b>Module 3 Lesson 1: My Pyramid</b>	<b>Comprehensive Health Education</b>	<b>Reading</b>	<b>Writing</b>
<b>Core Activity 1:</b> What's a Pyramid?	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 1 Concept 4 PO 2, 5</li> <li>•5<sup>th</sup> Grade: Strand 1 Concept 4 PO 2, 5</li> <li>•6<sup>th</sup> Grade: Strand 1 Concept 4 PO 2, 3, 5</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 2 Concept 1 PO 1, 2, 3</li> <li>•5<sup>th</sup> Grade: Strand 2 Concept 1 PO 1, 2, 3</li> <li>•6<sup>th</sup> Grade: Strand 2 Concept 1, PO 1, 2, 3, 4</li> </ul>
<b>Core Activity 2:</b> What's on the Poster?	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> <li>•5<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> <li>•6<sup>th</sup> Grade: 1 CH-E8 PO 1, 2, 1 CH-E3 PO 1, 1 CH-E8 PO 1, 2</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 1 Concept 4 PO 2, 5, Strand 1 Concept 6 PO 3, 4, 5, 6, Strand 3 Concept 1 PO 7</li> <li>•5<sup>th</sup> Grade: Strand 1 Concept 4 PO 2, 5, Strand 1 Concept 6 PO 3, 4, 5, 6, Strand 3 Concept 1 PO 7</li> <li>•6<sup>th</sup> Grade: Strand 1 Concept 4 PO 2, 3, 5, Strand 1 Concept 6 PO 4, 5, 7, Strand 3 Concept 1 PO 7, 8</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 1 Concept 1 PO 1, Strand 2 concept 1 PO 1-3, Strand 2 Concept 6 PO 1, 2, Strand 3 Concept 2 PO 1, 2, 3, Strand 3 Concept 3 PO 1</li> <li>•5<sup>th</sup> Grade: Strand 1 Concept 1 PO 1, Strand 2 concept 1 PO 1-3, Strand 2 Concept 6 PO 1, 2, Strand 3 Concept 2 PO 1, 2, 3, Strand 3 Concept 3 PO 1</li> <li>•6<sup>th</sup> Grade: Strand 1 Concept 1 PO 1, Strand 2 concept 1 PO 1-3, Strand 2 Concept 6 PO 1, 2, Strand 3 Concept 2 PO 1, 2, 3, Strand 3 Concept 3 PO 1</li> </ul>
<b>Core Activity 3:</b> Learn the Day's Rhyme.	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> <li>•5<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> <li>•6<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 1 Concept 4 PO 4, Stand 1 Concept 5 PO 1, Strand 1 Concept 6 PO 6</li> <li>•5<sup>th</sup> Grade: Strand 1 Concept 4 PO 4, Stand 1 Concept 5 PO 1, Strand 1 Concept 6 PO 6</li> <li>•6<sup>th</sup> Grade: Strand 1 Concept 4 PO 4, Stand 1 Concept 5 PO 1, Strand 1 Concept 6 PO 6</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 2 Concept 4 PO 4, Strand 3 Concept 1 PO 2</li> <li>•5<sup>th</sup> Grade: Strand 2 Concept 4 PO 4, Strand 3 Concept 1 PO 2</li> <li>•6<sup>th</sup> Grade: Strand 2 Concept 4 PO 4, Strand 3 Concept 1 PO 2</li> </ul>
<b>Optional Activity A:</b> Science Experiment – “Aha!” Sugar Fact	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> <li>•5<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> <li>•6<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 3 Concept 2 PO 1</li> <li>•5<sup>th</sup> Grade: Strand 3 Concept 2 PO 1</li> <li>•6<sup>th</sup> Grade: Strand 3 Concept 2 PO 1</li> </ul>
<b>Optional Activity B:</b> Food Groups for the Food Bank	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: 7 CH-E5 PO 2</li> <li>•5<sup>th</sup> Grade: 7 CH-E5 PO 2</li> <li>•6<sup>th</sup> Grade: 7 CH-E5 PO 2</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 3 Concept 1 PO 1, Strand 3 Concept 3 PO 1</li> <li>•5<sup>th</sup> Grade: Strand 3 Concept 1 PO 1, Strand 3 Concept 3 PO 1</li> <li>•6<sup>th</sup> Grade: Strand 3 Concept 1 PO 1, Strand 3 Concept 3 PO1</li> </ul>
<b>Optional Activity C:</b> Social Studies Link – Food of Ancient Peoples	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> <li>•5<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> <li>•6<sup>th</sup> Grade: 1CH-E8 PO 1, 2, 1 CH-E3 PO 1, 2, 1 CH-E8 PO 1, 2</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 3 Concept 1 PO 1-7</li> <li>•5<sup>th</sup> Grade: Strand 3 Concept 1 PO 1-7</li> <li>•6<sup>th</sup> Grade: Strand 3 Concept 1 PO 1-9</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 1 Concept 2 PO 1, Strand 1 Concept 5, PO 1, Strand 3 Concept 2 PO 1</li> <li>•5<sup>th</sup> Grade: Strand 1 Concept 2 PO 1, Strand 1 Concept 5, PO 1, Strand 3 Concept 2 PO 1</li> <li>•6<sup>th</sup> Grade: Strand 1 Concept 2 PO 1, Strand 1 Concept 5, PO 1, Strand 3 Concept 2 PO 1</li> </ul>

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<b>Module 3 Lesson 1: My Pyramid</b>	<b>Math</b>	<b>Social Studies</b>	<b>Science</b>
<b>Core Activity 1:</b> What's a Pyramid?	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 1 Concept 4 PO4, Stand 1, Concept 5 PO 1, Strand 1, Concept 6 PO 6</li> <li>•5<sup>th</sup> Grade: Strand 1 Concept 4 PO4, Stand 1, Concept 5 PO 1, Strand 1, Concept 6 PO 6</li> <li>•6<sup>th</sup> Grade: Strand 1 Concept 4 PO4, Stand 1, Concept 5 PO 1, Strand 1, Concept 6 PO 6</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 4 Concept 1 PO 6</li> <li>•5<sup>th</sup> Grade: Strand 4 Concept 1 PO 3</li> <li>•6<sup>th</sup> Grade: Strand 4 Concept 1 PO 4, Strand 2 Concept 2 PO 1, 2</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>
<b>Core Activity 2:</b> What's on the Poster?	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 4 Concept 4 PO 1</li> <li>•5<sup>th</sup> Grade: Strand 4 Concept 4 PO 1</li> <li>•6<sup>th</sup> Grade: Strand 4 Concept 4 PO 1</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 4 Concept 1 PO 6</li> <li>•5<sup>th</sup> Grade: Strand 4 Concept 1 PO 4</li> <li>•6<sup>th</sup> Grade: Strand 4 Concept 1 PO 4</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade: Strand 2 Concept 2 PO 3</li> <li>•6<sup>th</sup> Grade: Strand 2 Concept 3 PO 2</li> </ul>
<b>Core Activity 3:</b> Learn the Day's Rhyme.	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>
<b>Optional Activity A:</b> Science Experiment – “Aha!” Sugar Fact	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 4 Concept 4 PO 5</li> <li>•5<sup>th</sup> Grade: Strand 4 Concept 4 PO 3</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 1 Concept 1 PO 1, 2, 3, 4, Strand 1 Concept 1, PO 1, 2, 3, 4</li> <li>•5<sup>th</sup> Grade: Strand 1 Concept 1 PO 1, 2, 3, Strand 1 Concept 1, PO 1, 2, 3, 4</li> <li>•6<sup>th</sup> Grade: Strand 1 Concept 1 PO 1, 2, 3, Strand 1 Concept 1, PO 1, 2, 3, 4</li> </ul>
<b>Optional Activity B:</b> Food Groups for the Food Bank	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 3 Concept 4, PO 1, 2, 3</li> <li>•5<sup>th</sup> Grade: Strand 3 Concept 4, PO 1, 2, 3</li> <li>•6<sup>th</sup> Grade: Strand 3 Concept 4, PO 1, 2, 3</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade: Strand 2 Concept 2 PO 3</li> <li>•6<sup>th</sup> Grade: Strand 2 Concept 2 PO 3</li> </ul>
<b>Optional Activity C:</b> Social Studies Link – Food of Ancient Peoples	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade:</li> <li>•6<sup>th</sup> Grade:</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade: Strand 4 Concept 1 PO 6</li> <li>•5<sup>th</sup> Grade: Strand 4 Concept 1 PO 4</li> <li>•6<sup>th</sup> Grade: Strand 4 Concept 1 PO 4, Strand 2 Concept 2 PO 2, Strand 2 Concept 2 PO 6</li> </ul>	<ul style="list-style-type: none"> <li>•4<sup>th</sup> Grade:</li> <li>•5<sup>th</sup> Grade: Strand 2 Concept 2 PO 3</li> <li>•6<sup>th</sup> Grade: Strand 2 Concept 2 PO 3</li> </ul>