



# Wa-Shokuiku and Common Core Standards Summary

## Wa-Shokuiku Alignment with Interdisciplinary Standards

### Why Wa-Shokuiku?

- Program alignment with national and state standards in many subject areas.
- Cultural learning
- Diversity awareness
- Nutrition and health education supported by the American Cancer Society, the American Diabetes Association, and the American Heart Association.
- Engaging, hands-on curriculum
- Wa-Shokuiku instructors teach the classes with prior assistance from teachers and education officers to align lessons with specific standards. Classroom teachers do not have added work.
- Science, geography, and social studies

Wa-Shokuiku is a highly innovative program that addresses local issues in the U.S. while bringing cultural experience to students. It imparts culturally-based knowledge from Japan to communities in the U.S. which are facing various health-related issues including high rates of obesity and limited hours dedicated to food education. This method can improve our children's health without sacrificing classroom time for other subjects.

Wa-Shokuiku lessons are aligned with [Common Core academic standards](#) and [Next Generation Science Standards](#) to seamlessly integrate into content areas that students are studying in their regular classrooms. Students engage in cultural learning, academic learning, nutrition, cooking, and eating foods that are healthful and delicious. We believe healthy eating can be achieved by incorporating food education through the lens of Japanese foods and eating practices into traditional classroom subject areas. Students learn about food, community, health, and culture simultaneously with core subject areas.

Wa-Shokuiku's curriculum is aligned with many national and local core content education areas and health standards. Our curriculum team is happy to work with individual schools to align with district-specific standards as needed. Example content areas addressed in our lessons are highlighted below.

- The National Health Education Standards (NHES)
- Many state Common Core Standards in the areas of social studies, geography, math, and environmental literacy
- Next Generation Science Standards and some state-specific standards developed based on a similar framework.



### How does Wa-Shokuiku align with standards?

#### The National Health Education Standards (NHES)

- ✓ What are healthy foods and key nutrients
- ✓ Benefits of healthy eating and drinking, how nutrition supports healthy body
- ✓ Food groups and nutrient balance
- ✓ Personal hygiene and food safety. Hand washing and preventing transmission of germs.
- ✓ Appropriate portion sizes and eating in moderation
- ✓ Family, cultural, peer influences on food choices
- ✓ Hunger and satiety
- ✓ Practice and demonstrate healthy eating choices

#### Social Studies, Geography, Environmental Literacy

- ✓ Global Geography: Physical, human, and cultural characteristics
- ✓ Cultural Diversity
- ✓ The World Around Us: How can we use our five senses to learn about the environment.

#### Next Generation Science Standards and State-Specific Standards Developed by similar framework

- ✓ Natural resources
- ✓ Structure and properties of matter
- ✓ Life cycles
- ✓ Inheritance and variation of traits
- ✓ Developing possible solutions



### What are Education Standards?

Education Standards, including [The National Health Education Standards \(NHES\)](#), [The Common Core education standards](#), and [The Next Generation Science Standards \(NGSS\)](#) are not curriculum. Standards outline, “[what students need to know and be able to do, and curriculum is how students will learn it.](#)”

[The National Health Education Standards \(NHES\)](#) were developed to establish, promote, and support health-enhancing behaviors for students in all grade levels—from pre-Kindergarten through grade 12. The NHES provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress. Importantly, the standards provide students, families and communities with concrete expectations for health education. A collective statement has been published from the American Cancer Society, the American Diabetes Association, and the American Heart Association on the importance of health education in supporting youth development of healthy behaviors.

The Joint Committee on National Health Education Standards recommends that students in Pre-K to grade 2 receive a minimum of 40 hours and students in grades 3 to 12 receive 80 hours of instruction in health education per academic year, however most students in the U.S. receive only a few hours. The Wa-Shokuiku program helps to fill this void by integrating nutrition education into regular classroom learning.

[The Common Core education standards](#) are the learning goals for what students should know and be able to do at each grade level. The Wa-Shokuiku program meets many core standards for specific grades and our curriculum team can work with local leaders and teachers to integrate our lessons into classroom curriculum.

[The Next Generation Science Standards \(NGSS\)](#) are a new set of K–12 science standards that were developed by states, for states. The NGSS identify scientific and engineering practices, crosscutting concepts, and core ideas in science that all K–12 students should master in order to prepare for success in college and 21st-century careers.

#### References:

1. Health Education in Schools – The Importance of Establishing Healthy Behaviors in our Nation's Youth. A Statement from the American Cancer Society, the American Diabetes Association, and the American Heart Association on Health Education.  
[https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm\\_308679.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_308679.pdf)
2. National Health Education Standards. CDC.  
<https://www.cdc.gov/healthyschools/sher/standards/index.htm>
3. [The Next Generation Science Standards \(NGSS\)](#)