

Food and Nutrition

Grades 6-8

Essential Learning 1	
<i>Students will understand healthy eating patterns that meet needs for growth and development and affect overall health and wellbeing.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none">• Understand healthy eating patterns, hydration, nutrition.• Learn how to make healthy food and beverage choices. (home, school, dining out)• Understand the benefits of eating a variety of nutrient-rich foods, including plenty of fruits and vegetables.• Understand the nutritional value of protein, fats, carbohydrates, fiber, calcium, and other nutrients, and their food sources.	<ul style="list-style-type: none">• Describe the recommendations of the U.S. Dietary Guidelines for Americans and how they are useful in planning a healthy diet.• Analyze the importance of eating a variety of foods to meet nutrient needs.• Analyze importance of drinking water and limiting sweetened beverages.• Compare different nutrition options based on culture, needs, and preferences.• Collaborate with others to advocate for individuals, families, and communities to make healthy food and beverage choices and be physically active.• Choose healthy alternatives over unhealthy alternatives when making a decision.

Essential Learning 2	
<i>Students will learn about disordered eating and the connection between nutrition and overall health</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none">• The causes and signs of disordered eating and its impact on overall growth, development, and well-being.• The positive effects of healthy eating and physical activity on social, emotional, mental, and cognitive health.•	<ul style="list-style-type: none">• Analyze the role nutrition plays on social, emotional, mental, and cognitive health.• Describe the benefit of consuming adequate amounts of vitamins and minerals.• Monitor one's own diet and evaluate personal nutrition habits OR Analyze personal eating and physical activity behaviors.• Establish personal nutrition goals, and devise strategies for meeting those goals.