

Food and Nutrition		
Essential Learning	Knowledge Expectations	Skill Expectations
Kindergarten		
1. Importance of eating a variety of nutritious foods.	Explain the importance of trying new foods	Identify a realistic personal short-term goal to improve eating patterns (e.g. try new fruits, vegetables, and whole grains; drink more water).
2. Individual responsibility for nutrition with respect to personal preferences, culture, and budget.	Explain the importance of eating different foods from all the food groups.	Demonstrate healthy eating patterns and behaviors.
3. Importance of drinking water vs. sugary drinks.	Identify the benefits of drinking water.	Identify how family, and culture influence a food and nutrition-related decision.
	Describe the types of foods (teach concept of moderation) and beverages that should be limited (e.g.sugary drinks).	
	Describe what it feels like to be hungry and full.	
First Grade		
1. Importance of eating a variety of nutritious foods.	Discuss the importance of people trying food several times before deciding if they like it.	Identify how family, peers, and culture influence a food and nutrition-related decision.
2. Individual responsibility for nutrition with respect to personal preferences, culture, and budget.	Identify a variety of healthy, good tasting, nutrient-dense snacks.	Identify situations where understanding moderation would be a healthier choice.
3. Importance of drinking water vs. sugary drinks.	Identify the benefits of drinking water.	Explain what is enjoyable about eating meals with family and friends.
	Describe the types of foods (teach concept of moderation) and beverages that should be limited (e.g.sugary drinks).	
	Describe the benefits of eating breakfast every day.	
Second Grade		
1. Importance of eating a variety of nutritious foods.	Explain the importance of choosing nutrient-dense foods and beverages that help people feel good.	My Plate-Identify parts of My Plate, and what are examples of foods in those parts.
2. Individual responsibility for nutrition with respect to personal preferences, culture, and budget.	Identify healthy eating patterns that provide energy and help the body grow and develop.	Identify how family, peers, culture influence a food and nutrition-related decision.

	Explain the concept of eating the amount of food needed to be healthy and energetic.	
	Fifth Grade	Fifth Grade
1-Importance of eating a variety of nutritious foods.	Explain the importance of trying new foods.	Demonstrate how to locate sources of valid nutrition information.
2-Individual responsibility for nutrition with respect to personal preferences, culture, and budget.	Name the food groups and a variety of nutritious food and beverage choices for each food group.	Describe how eating disorders negatively affect a body.
3-Importance of drinking water vs. sugary drinks.	Describe the components of a healthy meal and the importance of eating a variety of foods from all the food groups.	Identify how family, peers, culture, technology, or media influence a food and nutrition-related decision.
4-Relationship between food, personal health, emotions, and behavior.	Describe the benefits of consuming enough water vs sugary drinks (identify.)	Describe the health benefits of limiting the consumption of saturated or trans fat, added sugar, and sodium.
	Identify foods that are high in added sugars, sodium, and saturated or trans fat, and identify sources of healthy fats.	
	Describe how to make or choose good-tasting, nutrient-dense snacks.	
	Describe methods to keep food safe from germs.	

Note: USDA Approved Dietary Guidelines for 2020 - 2025, called "My Plate".