| Food and Nutrition |  |  |
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| Essential Learning | Knowledge Expectations | Skill Expectations |
| Kindergarten | Kindergarten | Kindergarten |
| 1. Importance of eating a varitey 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. |  |
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|  | First Grade | First Grade |
| 1. Importance of eating a varitey 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. |  |
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|  | Second Grade | Second Grade |
| 1. Importance of eating a varitey 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. |


| 3. Importance of drinking water vs. sugary drinks. | Describe the types of foods (teach concept of moderation) and beverages that should be limited (e.g.sugary drinks). | Identify situations where understanding moderation would be a healthier choice. |
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|  | Describe how to keep food safe from harmful germs. |  |
|  | Identify the benefits of drinking water. |  |
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|  | Third Grade | Third Grade |
| 1. Importance of eating a varitey of nutritious foods. | Explain the importance of trying new foods and the importance of eating a variety of foods from all the food groups. | My Plate-Describe food groups and sources of parts. |
| 2. Individual responsibility for nutrition with respect to personal preferences, culture, and budget. | Explain the concept of eating the amount of food needed to be healthy and energetic. | Identify options and their potential outcomes when choosing foods and beverages. |
| 3. Importance of drinking water vs. sugary drinks. | Describe the benefits of following a healthy eating pattern and why breakfast should be eaten every day. | Set a realistic personal goal related to improving eating patterns (e.g. try new fruits, vegetables, and whole grains; drink more water.) |
| 4. Relationship between food, personal health, emotions, and behavior. | Describe the benefits of consuming enough water. | Identify how family, peers, culture, technology, or media influence a food and nutrition-related decision. |
|  | Identify sugary drinks and explain why they should be limited. |  |
|  | Describe methods to keep food safe from germs. |  |
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|  | Fourth Grade | Fourth Grade |
| 1-Importance of eating a varitey of nutritious foods. | Explain the importance of trying new foods and the importance of eating a variety of foods from all the food groups. | Describe how family and culture influence food choices and other eating practices and behaviors. |
| 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. i.e. Describe the components of a healthy meal. | Describe how media and technology influence food choices and other eating practices and behaviors. |
| 3-Importance of drinking water vs. sugary drinks. | Describe the benefits of consuming enough water vs sugary drinks (identify.) | Describe basic digestion and how healthy and unhealthy eating patterns affects digestion. |
| 4-Relationship between food, personal health, emotions, and behavior. | Describe the benefits of eating plenty of whole fruits and vegetables (e.g. fresh, canned, frozen, and dried). | Describe how to make or choose good-tasting, nutrient-dense snacks. |
|  | Identify foods that are high in added sugars, sodium, and saturated or trans fat. |  |


|  | Explain the concept of eating the amount of food needed to be healthy and energetic. |  |
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|  | Fifth Grade | Fifth Grade |
| 1-Importance of eating a varitey 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. |  |

