

Nutrition Education

Key Concepts

Grades Pre K – 2

A. Health Concepts

_____ Food choices affect physical, emotional, and social health.

LINK: A.1. Recognize that there are multiple components of health.

LINK: A.3. Demonstrate an understanding of basic health terms.

B. Health Information, Services, and Products

_____ School and community helpers keep food safe to eat.

LINK: B.1. Identify which school and community health helpers are needed in given situations.

C. Health Promotion and Risk Reduction

_____ The Food Guide Pyramid is a guide to help make healthy food choices.

LINK: C.3. Choose healthful foods.

_____ Handling food in a safe and sanitary way keeps people healthy.

LINK: C.4. Demonstrate a variety of safety skills for different situations.

D. Influences on Health

_____ Food choices are affected by advertising.

LINK: D.1. Describe the influences of media on health.

_____ Family lifestyle, school food programs and the availability of food affect what we eat.

LINK: D.2. Explain how information from school and family influences health.

F. Decision Making and Goal Setting

_____ Family members and caregivers help students make healthy food choices.

LINK: F.1. Explain when assistance is needed in making health-related decisions and setting health goals.

Grades 3 – 4

A. Health Concepts

- _____ Choosing a variety of healthy foods provides the nutritional components necessary for energy, growth and development.
LINK: A.1. Describe the relationship between healthy practices and personal health.
- _____ Preparing and storing food in a safe and sanitary way keeps people healthy.
LINK: A.1. Describe the relationship between healthy practices and personal health.
- _____ Healthy eating and regular exercise promote good health.
LINK: A.1. Describe the relationship between healthy practices and personal health.
- _____ Eating habits, such as eating too much or too little, affect all dimensions of a person’s health.
LINK: A.1. Describe the relationship between healthy practices and personal health.
- _____ Healthy eating helps people think more clearly and improves attention.
LINK: A.2. Identify indicators of physical, mental, emotional, and social health during childhood.
- _____ Nutrients in food affect how body systems function.
LINK: A.3. Describe the basic structures and functions of the human body systems.
- _____ Foods available in schools and at community events influence food choices.
LINK: A.5. Describe ways in which a healthful school and community environment influence personal health.

B. Health Information, Services, and Products

- _____ Food labels contain important nutritional information.
LINK: B.1. Identify characteristics of valid health information and products, and services that promote health.
- _____ Factors such as culture, economics, school, and marketing (e.g. advertising and packaging) influence food choices.
LINK: B.1. Identify characteristics of valid health information and products, and services that promote health.
- _____ Community agencies such as the United States Department of Agriculture (USDA), the University of Maine Cooperative Extension, American Diabetes Association, American Cancer Society and American Heart Association promote health.
LINK: B.3. Identify community agencies that advocate healthy individuals, families, and communities.

Grades 3 – 4

C. Health Promotion and Risk Reduction

_____ Maintaining a healthy body requires healthy foods, regular exercise, and adequate rest.

LINK: C.3. Demonstrate basic care of human body systems.

D. Influences On Health

_____ Factors such as culture, economics, school, and marketing (e.g. advertising and packaging) influence food choices.

LINK: D.1. Evaluate the influences of culture on health.

_____ Food choices are affected by media advertising.

LINK: D.2. Explain how media influences health decisions.

F. Decision Making and Goal Setting

_____ Balanced meals are created by making choices using the Food Guide Pyramid.

LINK: F.1. Demonstrate the ability to apply a decision-making process to health issues and problems.

_____ Information on food labels can be used to make decisions about food.

LINK: F.1. Demonstrate the ability to apply a decision-making process to health issues and problems.

_____ Healthy food choices can help prevent certain diseases or health related problems.

LINK: F.1. Demonstrate the ability to apply a decision-making process to health issues and problems.

_____ Choosing a variety of healthy foods provides the nutrients necessary for energy, growth and development.

LINK: F.1. Demonstrate the ability to apply a decision-making process to health issues and problems.

_____ Healthy eating and regular exercise promote good health.

LINK: F.1. Demonstrate the ability to apply a decision-making process to health issues and problems.

Grades 5 – 8

A. Health Concepts

- _____ Balanced nutritional intake is necessary to promote healthy growth and development.
LINK: A.1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.

- _____ Food safety, including sanitation and the prevention of food borne illness, affects personal health.
LINK: A.1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.

- _____ Healthy eating enhances a person’s ability to be physically active.
LINK: A.1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.

- _____ Caloric intake and the level of physical activity affect body weight.
LINK: A.1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.

- _____ Eating disorders affect all components of personal health.
LINK: A.3. Analyze the effects that risky behaviors have on personal health.

- _____ Health related conditions occur due to the lack or excess of certain nutrients and food supplements.
LINK: A.3. Analyze the effects that risky behaviors have on personal health.

- _____ Nutrients (vitamins, minerals, fats, carbohydrates, proteins and water) affect the functioning of body systems.
LINK: A.8. Demonstrate thorough understanding of key health concepts.

B. Health Information, Services, and Products

- _____ Food labels contain important nutritional information as well as serving sizes.
LINK: B.2. Identify resources from home, school, and community that provide valid health information and services.

- _____ Valid resources that provide recommendations for a balanced diet are The Food Guide Pyramid and the U.S. Dietary Guidelines.
LINK: B.2. Identify resources from home, school, and community that provide valid health information and services.

Grades 5 – 8

C. Health Promotion and Risk Reduction

- _____ Individuals are responsible for making healthful nutritional choices.
LINK: C.1. Explain the importance of assuming responsibility for personal health.
- _____ Food labels are a tool for making healthful food choices.
LINK: C.3. Develop strategies to improve or maintain personal and family health.

D. Influences on Health

- _____ Family members, peers and culture, including eating fads and the availability of convenience foods, influence food choices.
LINK: D.1. Investigate the influence of cultural beliefs on health behaviors and the use of health services.
- _____ Food choices are influenced by marketing (e.g. advertising and packaging).
LINK: D. 2. Analyze how messages from media influence both health behaviors and the selection of health information, products, and services.
LINK: D.4. Describe how school, family, and peers influence the health of adolescents.

F. Decision Making and Goal Setting

- _____ Unhealthy food choices can have short-term consequences (e.g. over/under weight, lack of energy, headaches, short attention span) and long-term consequences (e.g. heart disease, diabetes, osteoporosis, and some types of cancer).
LINK: F.2. Analyze how health-related decisions are influenced by individuals, families, and community values.
LINK: F.3. Explain how decisions regarding health behaviors have consequences for them and others.
- _____ Poor food handling practices and personal hygiene affect food safety.
LINK: F.3. Explain how decisions regarding health behaviors have consequences for them and others.

Secondary

A. Health Concepts

_____ Some body conditions occur due to a lack or excess of certain nutrients and food supplements.

LINK: A.1. Analyze the relationship between personal health practices and individual well-being.

_____ Decisions about nutritional practices and the level of physical activity affect body composition.

LINK: A.3. Evaluate the short- and long-term effects of risky behavior.

LINK: A.4. Analyze the impact of personal health behaviors on body systems

_____ Physical activity and healthy eating support athletic and academic performance.

LINK: A.4. Analyze the impact of personal health behaviors on body systems.

_____ Food additives and preservatives may affect food choices.

LINK: A.7. Analyze how public health policies and laws influence health promotion and disease prevention.

_____ Nutritional practices and levels of physical activity can affect long-term risks for certain diseases (heart disease, obesity, diabetes, osteoporosis, and some types of cancer).

LINK: A.8. Analyze how the prevention and control of health problems are influenced by research and medical advances.

LINK: A.9. Describe how disease-causing microorganisms, family history, nutrition, and other factors relate to cause or prevention of disease and other health problems.

B. Health Information, Services, and Products

_____ Products and services that offer solutions to weight management may or may not impact over all-health.

LINK: B.1. Provide evidence to support the validity of health information, products, and services.

LINK: B.2. Evaluate factors that influence personal selection of health products and services .

Secondary

D. Influences on Health

- _____ Culture, family, friends and community affect what people eat.
LINK: D.1. Analyze how different cultures affect health beliefs and practices.
LINK: D.4. Analyze how the family, peers, and community influence the health of individuals.

- _____ Food choices are affected by factors such as eating fads and marketing (e.g. advertising and packaging).
LINK: D.2. Evaluate the effect of media and other factors on personal, family, and community health.

- _____ Food choices are influenced by media and technology.
LINK: D.2. Evaluate the effect of media and other factors on personal, family, and community health.
LINK: D.3. Evaluate the impact of technology on personal, family, and community health.

E. Communication Skills

- _____ Students can initiate school and community action to support a nutritionally healthy environment.
LINK: E.6. Demonstrate the ability to work cooperatively as an advocate for healthy individuals, families, schools, and communities.