

Overall Learning Objectives

By the end of Level 1, students should be secure with the following concepts:

1. Food is the body's fuel. Food provides energy for muscles, breathing and other internal functions as well as energy to move, run, jump and play.
2. Go Foods provide long lasting energy, keeps our minds sharp and keep our bodies healthy. Go Foods taste good and are eaten every day. Slow Foods may first provide quick energy, but make us feel tired and are generally not as healthy for our bodies. Slow Foods are once in a while foods. Students will be able to distinguish between Go and Slow Foods and identify ways of incorporating more Go Foods into their diets.
3. Everyone needs to eat at least two fruits and three vegetables every day in order to get the nutrients the body needs to stay healthy. According to MyPlate, half of the plate at each meal should be filled with fruits and vegetables. Students will understand how to increase consumption of fruits and vegetables by using them in snacks and meals and by adding them to foods they already enjoy.
4. The type of food we eat, the amount of sleep we get, how much water we drink and the amount of physical activity we get all impact the way we feel.
5. Water is the best choice for rehydrating when thirsty.
6. Energy in equals energy out. The body self regulates by making us feel hungry when we need more fuel. Strive to eat to satisfaction: not too full and not hungry is ideal.
7. To stay healthy, do physical activities that get your heart pumping or engage your muscles for at least 60 minutes every day. It is important to exercise your heart (cardiovascular exercise) and muscles (strength exercises) and to stay loose (flexibility exercises). Students can identify activities they enjoy that get them moving.
8. Wants are things we enjoy but are not necessary for good health, such as Slow Foods and TV. Needs are things we need to stay healthy such as Go Foods, water, exercise and sleep.
9. Food is grown on farms.