

Overall Learning Objectives

By the end of Level 3, students should be secure with the following concepts:

1. Celebrations and cultural holidays often center on a meal. It is okay to enjoy Slow Foods on special occasions that you usually don't get to eat. Strive to eat a balanced meal that includes fruits and vegetables. Recognize when you have satisfied hunger and avoid getting too full.
2. Build meals and snacks with great tasting Go Foods using MyPlate as a guide. Breakfast is a very important meal. Snacks that support physical activity provide us with vitamins, minerals, protein and carbohydrates. Students are able to substitute or enhance Slow Foods with Go Foods and can identify Go Foods that can be eaten quickly for meals when time is an issue.
3. Students know the five food groups, how they help the body and are able to give examples of foods in each group.
4. 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. Half the plate should be filled with fruits and vegetables. Students know strategies to increase fruit and vegetable consumption.
5. Nutrition labels and ingredient lists allow us to compare the nutritional benefits of different foods. Students are able to identify Go cereals by reading the sugar and fiber content.
6. 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.
7. Water is the best choice for rehydrating when thirsty. Milk is acceptable too. One hundred percent fruit juice should be limited to one cup per day as it does not have the fiber of whole fruit and is high in sugar. Sports drinks, sodas and lemonade drinks are once in a while treats.
8. 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.

9. Students can distinguish between hunger, appetite and thirst and take the appropriate action in relation to the feeling. Students can build satisfying snacks of Go Foods, which include two food groups to provide the best energy.
10. To stay healthy, engage in physical activities that get your heart pumping or engage your muscles for at least 60 minutes every day. Students can identify activities they enjoy that get them moving.
11. Activities involving screens can lead to less physical activity, mindless eating, and difficulty sleeping. Less screen time is better. Choosing relaxing activities before bed aids in restful sleep. Students can identify ways to spend free time that do not involve screens and activities that promote good sleep.