

### Overall Learning Objectives

By the end of Level 4, students should be secure with the following concepts:

1. Students will have strategies to incorporate more Go Foods that they enjoy into their snacks and meals. Go grains are both white and whole grain. Half of the grains we eat every day should be whole grain. Whole grains have more fiber and nutrients than white grains.
2. Students can classify foods as Go or Slow Foods by reading ingredient lists and nutrition labels to evaluate sodium, sugar, whole grain and fat content.
3. Many foods have added sugars. Foods with high levels of added sugar are Slow Foods. Too much sugar is harmful to our health. Natural sugars are in Go Foods that have fiber and additional nutrients. It is important to eat these Go Foods since they nourish our bodies and provide a good source of energy.
4. Go fats are unsaturated fats and are essential to our health. Slow fats are saturated fats and trans fats, are not good for our health and should be limited.
5. Macronutrients are large nutrients that are essential for good health and good energy. We get different kinds of energy from different macronutrients; carbohydrates – quick energy; protein and fats – long lasting energy. Fat is a macronutrient but needed in smaller quantities than protein and carbohydrates. It is not its own food group. Students can build meals and snacks considering the type of energy needed.
6. The type of food we eat, the time of day we eat the food, how much sleep we get, how much water we drink and the amount of physical activity we get all impact the way we feel physically and mentally.
7. Students can distinguish between hunger, appetite and thirst and take the appropriate action in relation to the feeling.

8. 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.
9. To stay healthy, engage in physical activities that get your heart pumping or engage your muscles for at least 60 minutes every day. Students understand that exercise can improve their moods and help relieve stress. Choose physical activity most of the time over screen time. Students can identify activities they enjoy that get them moving.
10. Students know food that spends less time in transit from the farm to the table will taste better and have better nutrients. Students are aware of places to get fresh vegetables such as farmers markets, grocery stores and gardens.