

## **Overall Learning Objectives**

By the end of Level 5, students should be secure with the following concepts:

1. Students can recall MyPlate and build a balanced and properly portioned meal with great tasting Go Foods when given a selection of both Go and Slow Foods.
2. Students understand that a portion is the amount of food served on the plate and servings are a measured amount of food. Students have strategies to moderate portion size and can find the recommended serving size on the nutrition label.
3. When presented with similar products, students can compare nutrition quality by reading nutrition labels and ingredient lists and determine which product is the best choice.
4. Students understand why they are eating. They have strategies to analyze their feelings and understand whether they are experiencing appetite, hunger or thirst.
5. Students can analyze advertisements to determine the messages they send. They can compare these messages to ingredient lists and nutrition labels to gather additional information to determine if a food product is a good choice for them.
6. Students understand there are many tools to evaluate the nutrient value of food. Students understand they have the knowledge to make healthy food choices to keep their body healthy.
7. Water is the best choice for rehydrating when thirsty.
8. 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 when feeling stress. Choose physical activity most of the time over screen time. Students can identify activities they enjoy that get them moving.