



Key Topic	Level 1 Concepts	Level 2 Concepts	Level 3 Concepts	Level 4 Concepts	Level 5 Concepts
<b>Eat mainly foods that nourish your body</b>	<p>Food is fuel for the body</p> <p><u>Go Foods</u> – long lasting energy, nourish our body</p> <p><u>Slow Foods</u> – quick energy, then makes us tired, don't nourish our bodies well, "Once in a while food"</p>	<p>Distinguish between <u>Go Foods</u> and <u>Slow Foods</u></p> <p>Understand how to incorporate more <u>Go Foods</u> into their diet</p> <p>Recognize "Wannabes"</p>	<p>Use nutrition labels to evaluate food</p> <p>Build snacks and meals from <u>Go Foods</u> you enjoy</p> <p>Eat breakfast every day</p>	<p>Use nutrition labels and ingredient lists to evaluate fat, sugar, sodium and fiber content</p> <p>Understand macronutrients; carbohydrates, fats and protein</p>	<p>Choose the best snacks by reading nutrition facts and ingredient lists</p> <p>Recognize and evaluate advertising claims</p>
<b>Be physically Active</b>	<p>60 min a day, include cardio, strength, flexibility</p> <p>Identify fun ways to move</p>	<p>Exercise is fun</p> <p>Yoga for relaxation</p>	<p>Limit screen time</p>	<p>Exercise impacts our mood</p> <p>Get sufficient rest</p>	<p>Reinforce the importance of moving by starting each lesson with five minute fitness</p>
<b>Eat a variety of fruits and vegetables</b>	<p>Eat at least two fruits and three vegetables a day</p>	<p>Eat a rainbow of fruits and vegetables to get a variety of vitamins, minerals and phytonutrients</p>	<p>Know strategies to increase consumption of fruits and vegetables</p>	<p>Whole fruits and vegetables have vitamins, fiber, and natural sugars</p> <p>Understand farm to table</p>	<p>Fruits and vegetables are essential to feeling good and being healthy</p>

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<b>Use MyPlate to create balanced meals and snacks</b>	Half of MyPlate is fruits and vegetables	Know the 5 food groups on MyPlate  Know how each food group helps the body  Snacks should include at least 2 food groups	Use MyPlate to build healthy meals and snacks  Include both proteins and carbohydrates in snacks for balanced energy	Use MyPlate to build meals and snacks  Substitute <u>Go Foods</u> for <u>Slow Foods</u>	Use MyPlate when eating out, at buffets and at celebrations to build a well balanced meal
<b>Pay attention to energy balance and portion control</b>	Energy in equals energy out  Energy in = food Energy out = physical activity  Eat to satisfaction	Eat to satisfaction – not hungry; not too full	Know the difference between hunger, appetite, and thirst  Energy is used for both physical activity and basic body functions	Can distinguish between hunger, appetite, thirst, sleepiness and take appropriate action	Compare portion size to serving size  Understand motivation to eat
<b>Stay Hydrated</b>	Water is the best choice for rehydrating when thirsty	Water is the best choice for rehydrating when thirsty	Water is the best choice for rehydrating when thirsty  Milk is a <u>Go Food</u> drink  Limit fruit juice to 1 cup a day	Water is the best choice for rehydrating when thirsty  Milk is a <u>Go Food</u> drink  Limit fruit juice to 1 cup a day	Water is the best choice for rehydrating when thirsty  Milk is a <u>Go Food</u> drink  Limit fruit juice to 1 cup a day