

BRSU Health Curriculum: K-2 Nutrition

Enduring Understanding:

- Nutrient-rich food helps to maintain a healthy body and mind.

<p>CORE CONCEPTS</p> <ul style="list-style-type: none"> • Name the food groups and a variety of nutritious food choices for each food group in the food pyramid • Identify the benefits of healthy eating. • Identify nutritious and non-nutritious beverages • Describe the benefits of drinking plenty of water • Describe the benefits of eating plenty of fruits and vegetables • Identify a variety of healthy snacks. • Identify the importance of eating breakfast every day • The digestive system helps break down food. 	<p>INTERPERSONAL COMMUNICATION</p> <ul style="list-style-type: none"> • Demonstrate how to request foods that are more nutritious or refuse less nutritious foods in an appropriate manner • Demonstrate how to refuse foods that cause an allergic reaction
<p>HEALTHY CHOICES/SELF MANAGEMENT</p> <ul style="list-style-type: none"> • Choose a variety of healthy snacks • Choose a variety of nutritious foods for meals 	<p>ADVOCACY</p> <ul style="list-style-type: none"> • Object to teasing of peers based on their body types • Provide support to peers for choosing healthy foods, and for avoiding food allergens, if applicable
<p>GOAL SETTING AND DECISION MAKING</p> <ul style="list-style-type: none"> • Set a goal to improve food choices • Demonstrate the ability to keep track of foods and beverages consumed 	<p>ANALYZING INFLUENCES</p> <ul style="list-style-type: none"> • Describe how personal preferences influence food choices • Describe body signals that tell people when they are hungry and when they are full
<p>ACCESSING INFORMATION</p> <ul style="list-style-type: none"> • Identify sources of reliable info about healthy eating • Demonstrate the ability to access people who can provide accurate info and advice on healthy eating 	<p>POTENTIAL ACTIVITIES</p> <ul style="list-style-type: none"> • Collage of foods from seed catalogue, etc. • Gather apples and prepare applesauce • Categorize food and meals, school lunches • Make a list of healthful snacks • Chart/graph water intake • Create shopping lists according to the food guide pyramid • Have a family-style meal; practice requesting healthful foods • www.mypyramid.gov • USDA • www.nutritionexplorations.org

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