



# California Health Education Content Standards & Nutrition Competencies Hands-on Activity

## Objective:

Teachers and staff will review the California Health Education Content Standards (CHECS) and Nutrition Competencies (NC) through a series of hands-on activities to increase their understanding of and rationale for each of the eight standards.

## Materials Needed:

Large sheets of chart paper, CHECS posters and rubrics, individual pages of the NC and a set of markers. To order CHEC posters and rubrics:

[www.toucaned.com/Products/HEAP/CAclassroomPosters.html](http://www.toucaned.com/Products/HEAP/CAclassroomPosters.html)

[www.toucaned.com/Products/HEAP/CArubricCards.html](http://www.toucaned.com/Products/HEAP/CArubricCards.html)

## Procedure:

Each of the seven tables will have a set of markers and a sheet of chart paper labeled at the top with one of the CHECS/NC (#2 - #8). Each table will also have the CHECS poster/rubric and the corresponding Nutrition Competency for the specific CHECS/NC labeled on the chart paper. Teachers will rotate through each station every five minutes until they have completed all five activities. Each group completes the same instructed activity at each station, but with a different standard.

Essential Concepts will be used as an example to demonstrate the activity.

**Rotation One:** Define the CHECS/NC at the top of the page in your own words.

**Rotation Two:** Draw a picture demonstrating a visual representation of the CHECS/NC.

**Rotation Three:** Write down the skill or behavior students will experience/acquire as a result of practicing this standard.

**Rotation Four:** Write lesson ideas for one academic subject. The lesson should include the CHECS/NC and focus on promoting fruit or vegetable consumption.

**Rotation Five:** Review what is written on the chart paper. Each group is responsible for teaching the audience about this CHECS/NC and including ideas for weaving it into core curriculum subjects.

## Check for Understanding:

Review the PowerPoint slides that have examples of different nutrition activities and have the teachers identify the overarching CHECS/NC for each example.