Nutrition Competencies Grades 3 - 4

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1. Essential Concepts

Overarching Health Education Standard	Overarching Nutrition Competency
Essential health concepts: Comprehend essential concepts related to enhancing health.	**Essential nutrition concepts:** Know the relationships among nutrition, physiology, and enhancing health.

Tips:

- Use complete, factual information.
- Be sure the facts are accurate.
- Show relationships among ideas.
- Make factual conclusions about health.

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Addressed in Health Education-Nutrition and Physical Activity Content Areas:

1.1.N: Identify and define key nutrients and their functions. (NC 1a)
1.2.N: State the recommended number of servings and serving sizes for different food groups. (NC 1b)
1.3.N: Describe the relationship between food intake, physical activity, and good health. (NC 1f)
1.4.N: Identify how to keep food safe through proper food preparation and storage. (NC 1g)
1.5.N: Explain how food can contain germs that cause illness. (NC 1g)
1.6.N: Explain the importance of drinking plenty of water, especially during vigorous physical activity. (NC 1b)
1.7.N: Describe the benefits of moderate and vigorous physical activity. (NC 1c)
1.8.N: Identify ways to increase and monitor physical activity. (NC 1f)

#	Essential Concepts	Nutrition Competencies/Benchmarks of Learning
a	Know the six nutrient groups and their functions	• Identify and define key nutrients and their functions.(1.1.N)
b	Know nutrition and health guidelines	• State the recommended number of servings and serving sizes for different food groups.(1.2.N) • Identify at least one key nutrient provided by recommended food groups. • List recommendations for maintaining a healthy body and positive self-esteem. • Explain the importance of drinking plenty of water, especially during vigorous physical activity.(1.6.N)
c	Know factors affecting energy balance	• Explain reasons for the differences in the amount of food required by individuals. • Describe the benefits of moderate and vigorous physical activity.(1.7.N)
d	Describe how nutritional needs vary throughout the life cycle	• Describe the amounts and types of food people need at different ages.
e	Identify the physiological processes in digestion, absorption, and metabolism	• Illustrate the pathway of food during the process of digestion.
f	Explain the influence of nutrition and physical activity on health	• Describe the relationship between food intake, physical activity, and good health.(1.3.N) • Name and explain benefits of eating fruits and vegetables. • Identify the benefits of eating whole grains. • Name and explain two disadvantages of beverages high in sugar. • Identify ways to increase and monitor physical activity. (1.8.N)
g	Know principles of handling (growing, harvesting, transporting, processing, storing, and preparing) foods for optimal food quality and safety	• Identify how to keep food safe through proper food preparation and storage.(1.4.N) • Explain how food can contain germs that cause illness.(1.5.N) • Explain what food borne illnesses are and how these illnesses are contracted. • Identify a variety of ways to include fruits, vegetables, and whole grains in daily meals and snacks.
h	Consider the interaction among nutrition science, ecosystems, agriculture, and social systems that affect health, including local, national, and global perspectives	• Identify foods grown in different regions of the state, the country, and the world, and how some of those foods are produced. • List examples of foods that are grown in California and in regions of the United States. • Describe the role of food webs within natural systems. • Explain the concept of food security. • Identify the definition of nutrition science.

2. Analyzing Influences

Overarching Health Education Standard	Overarching Nutrition Competency
Analyzing health influences: Demonstrate the ability to analyze internal and external influences that affect health.	**Analyzing nutrition influences:** Analyze internal and external factors influencing food choices and health outcomes.

Tips:

- Show a variety of influences.
- Show both internal and external influences.
- Explain the complexity of influences.
- Show how the influences affect health choices.

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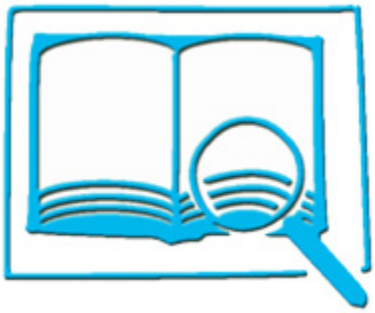
Addressed in Health Education-Nutrition and Physical Activity Content Areas:

2.1.N: Identify internal and external influences that affect food choices.
2.2.N: Analyze advertising and marketing techniques used for food and beverages.
2.3.N: Identify internal and external influences that affect physical activity.

Additional Nutrition Competencies-Benchmarks of Learning:

- Describe the effects of peer influence and social environments on food choices.
- Identify examples of a food item associated with a neighborhood, city, state, or country.

3. Accessing Valid Information



Overarching Health Education Standard	Overarching Nutrition Competency
Accessing valid health information: Demonstrate the ability to access and analyze health information, products, and services.	**Accessing valid nutrition information:** Demonstrate the ability to access nutrition information, products, and services and determine the accuracy and validity of nutrition claims.

Tips:

- Identify sources of information.
- Explain how to find the needed help.
- Explain what type of help this source offers.
- Explain why it's a good source.

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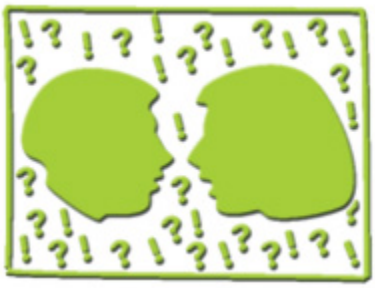
Addressed in Health Education-Nutrition and Physical Activity Content Areas:

3.1.N: Identify resources for valid information about safe and healthy foods.
3.2.N: Use food labels to determine nutrient and sugar content.

Additional Nutrition Competencies-Benchmarks of Learning:

None

4. Interpersonal Communication



Overarching Health Education Standard	Overarching Nutrition Competency
Interpersonal communication: Demonstrate the ability to use interpersonal communication skills to enhance health.	**Interpersonal communication about nutrition:** Demonstrate the ability to use interpersonal communication skills to optimize food choices and health outcomes**.**

Tips:

- Show dialogues that express needs, ideas, and opinions.
- Be clear and organized.
- Show effective ways to say "no."
- Use appropriate and effective verbal and non verbal strategies.

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Addressed in Health Education-Nutrition and Physical Activity Content Areas:

4.1.N: Demonstrate effective communication skills to ask for healthy food choices.

Additional Nutrition Competencies-Benchmarks of Learning:

- Demonstrate effective ways to say "no" to more food when full or to communicate reasons for a food preference.
- Demonstrate the ability to respect differences in body shapes and sizes.

5. Decision Making

Overarching Health Education Standard	Overarching Nutrition Competency
Decision making: Demonstrate the ability to use decision-making skills to enhance health.	**Decision making for nutrition:** Demonstrate the ability to use decision-making skills to optimize food choices and health outcomes.

Tips:

- Show all the steps of the decision making process.
- Identify the decision to be made.
- Identify options and possible consequences.
- State the decision clearly.
- Evaluate and reflect on the decision.

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Addressed in Health Education-Nutrition and Physical Activity Content Areas:

5.1.N: Describe how to use a decision-making process to select nutritious foods and beverages.

5.2.N: Describe how to use a decision-making process to select healthy options for physical activity.

Additional Nutrition Competencies-Benchmarks of Learning:

- Compare nutritional values of a variety of similar food items.

6. Goal Setting

Overarching Health Education Standard	Overarching Nutrition Competency
Goal setting: Demonstrate the ability to use goal-setting skills to enhance health.	**Goal setting for nutrition choices:** Demonstrate the ability to use goal-setting skills to enhance nutrition and health.

Tips:

- Show all the steps in a goal-setting process.
- Write a clear goal statement.
- Be sure the goal is realistic.
- Make a plan for meeting the goal.
- Show how to evaluate and adjust the plan if needed.

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Addressed in Health Education-Nutrition and Physical Activity Content Areas:

6.1.N: Make a plan to choose healthy foods and beverages.
6.2.N: Make a plan to choose physical activities at school and at home.

Additional Nutrition Competencies-Benchmarks of Learning:

None

7. Practicing Health Enhancing Behaviors

Overarching Health Education Standard	Overarching Nutrition Competency
Practicing health-enhancing behaviors: Demonstrate the ability to practice behaviors that reduce risk and promote health.	**Practicing nutrition-enhancing behaviors:** Demonstrate the ability to practice nutrition-related behaviors that reduce risk and promote health.

Tips:

- Demonstrate habits that contribute to health.
- Describe or demonstrate specific first aid and safety techniques.
- Identify strategies to avoid or manage unhealthy or dangerous situations.
- List the steps in the correct order if there is one.

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Health Education-Nutrition and Physical Activity Content Areas:

7.1.N: Practice how to take personal responsibility for eating healthy foods.

7.2.N: Practice how to take personal responsibility for limiting sugar (and salt) consumption in foods, snacks, and beverages.

7.3.N: Identify ways to establish and maintain healthy eating practices consistent with current research-based guidelines for a nutritionally balanced diet.

7.4.N: Practice how to take personal responsibility for engaging in physical activity.

Nutrition Competency-Benchmarks of Learning:

- Demonstrate the preparation of a nutritious snack.

8. Health Promotion

Overarching Health Education Standard	Overarching Nutrition Competency
Health promotion: Demonstrate the ability to promote and support personal, family, and community health.	**Nutrition promotion:** Demonstrate the ability to promote and support a sustainable, nutritious food supply and promote healthy lifestyles for self, families and communities.

Tips:

- Take a clear stand for a healthy choice.
- Use information to support the choice.
- Show awareness of the audience for the message.
- Be persuasive.
- Show conviction about the message.

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Addressed in Health Education-Nutrition and Physical Activity Content Areas:

8.1.N: Support others in making positive food and physical activity choices.

Additional Nutrition Competencies-Benchmarks of Learning:

- Demonstrate how to offer support to someone who is teased because of weight or body shape.