

3. Overarching Nutrition Competency: Accessing Valid Nutrition Information

All students will demonstrate the ability to access and analyze nutrition information, products, and services to analyze the accuracy and validity of nutrition claims.

Kindergarten	Grades 1–2	Grades 3–4	Grades 5–6
<p>Demonstrate the difference between good advice about food choices and advertisements for products, such as high-sugar cereals.</p> <p>Identify trusted adults who can give accurate nutrition information.</p>	<p>▲Identify resources for reliable information about healthy foods. (3.1.N)</p> <p>Identify how to recognize credible nutrition information.</p>	<p>▲Identify resources for valid information about safe and healthy foods. (3.1.N)</p> <p>▲Use food labels to determine nutrient and sugar content. (3.2.N)</p>	<p>▲Locate age-appropriate guidelines for eating and physical activity. (3.1.N)</p> <p>▲Interpret information provided on food labels. (3.2.N)</p>