

5. Overarching Nutrition Competency: Decision Making for Nutrition Choices

All students will demonstrate the ability to use decision-making skills to optimize food choices and health outcomes.

Kindergarten	Grades 1–2	Grades 3–4	Grades 5–6
<p>▲Describe ways to participate regularly in active play and enjoyable physical activities. (5.1.N)</p> <p>Name or show foods that are favorites to eat.</p> <p>Talk about a choice between two foods.</p>	<p>▲Use a decision-making process to select healthy foods. (5.1.N)</p> <p>▲Compare and contrast healthy and less-healthy food choices in a variety of settings. (5.2.N)</p> <p>▲Identify safe ways to increase physical activity. (5.3.N)</p>	<p>▲Describe how to use a decision-making process to select nutritious foods and beverages. (5.1.N)</p> <p>Compare nutritional values of a variety of similar food items.</p> <p>▲Describe how to use a decision-making process to select healthy options for physical activity. (5.2.N)</p>	<p>▲Use a decision-making process to identify healthy foods for meals and snacks. (5.1.N)</p> <p>▲Use a decision-making process to determine activities that increase physical fitness. (5.2.N)</p> <p>▲Compare personal eating and physical activity patterns with current age-appropriate guidelines. (5.3.N)</p>