

6. Overarching Nutrition Competency: Goal Setting for Nutrition

All students will demonstrate the ability to use goal-setting skills to enhance nutrition and health.

Kindergarten	Grades 1–2	Grades 3–4	Grades 5–6
Set a goal to use manners when consuming meals at school.	<ul style="list-style-type: none">▲Set a short-term goal to choose healthy foods for snacks and meals. (6.1.N)▲Set a short-term goal to participate daily in vigorous physical activity. (6.2.N)	<ul style="list-style-type: none">▲Make a plan to choose healthy foods and beverages. (6.1.N)▲Make a plan to choose physical activities at school and home. (6.2.N)	<ul style="list-style-type: none">▲Monitor personal progress toward a nutritional goal. (6.1.N)▲Monitor personal progress toward a physical activity goal. (6.2.N)