

7. Overarching Nutrition Competency: Practicing Nutrition-Enhancing Behaviors

All students will demonstrate the ability to practice nutrition-related behaviors that reduce risk and promote health.

Kindergarten	Grades 1–2	Grades 3–4	Grades 5–6
<p>▲Select nutritious snacks. (7.1.N)</p> <p>▲Plan a nutritious breakfast. (7.2.N)</p> <p>Demonstrate hand washing before handling or eating foods.</p> <p>▲Choose healthy foods in a variety of settings. (7.3.N)</p>	<p>▲Examine the importance of eating a nutritious breakfast every day. (7.1.N)</p> <p>▲Plan a nutritious meal. (7.2.N)</p> <p>▲Select healthy beverages. (7.3.N)</p> <p>▲Examine the criteria for choosing a nutritious snack. (7.4.N)</p> <p>Record foods consumed and use the current USDA guide for daily food choices to classify food groups selected.</p> <p>Demonstrate safe practices for handling and preparing foods at school.</p> <p>▲Participate in physical activities with friends and family. (7.5.N)</p>	<p>▲Practice how to take personal responsibility for eating healthy foods. (7.1.N)</p> <p>▲Practice how to take personal responsibility for limiting sugar (and salt) consumption in foods, snacks, and beverages. (7.2.N)</p> <p>Demonstrate the preparation of a nutritious snack.</p> <p>▲Practice how to take personal responsibility for engaging in physical activity. (7.3.N)</p> <p>▲Identify ways to establish and maintain healthy eating practices consistent with current research-based guidelines for a nutritionally balanced diet. (7.4.N)</p>	<p>▲Identify ways to choose healthy snacks based on current research-based guidelines. (7.1.N)</p> <p>▲Demonstrate how to prepare a healthy meal or snack using sanitary food preparation and storage practices. (7.2.N)</p> <p>▲Demonstrate the ability to balance food intake and physical activity. (7.3.N)</p> <p>▲Demonstrate the ability to assess personal physical-activity levels. (7.4.N)</p> <p>Practice using the Nutrition Facts label and ingredient list on food products and explain how the information may help in making food choices.</p>