

8. Overarching Nutrition Competency: Nutrition Promotion

All students will demonstrate the ability to promote and support a sustainable, nutritious food supply and healthy lifestyles for families and communities.

Kindergarten	Grades 1–2	Grades 3–4	Grades 5–6
<p>Prepare a healthy snack.</p> <p>Practice selecting foods that are in season.</p> <p>Identify and try a new fruit or vegetable.</p> <p>Tell others about trying a healthy snack or new fruit and vegetable.</p> <p>Encourage others when they select healthy foods.</p>	<p>▲Practice making healthy eating choices with friends and family. (8.1.N)</p> <p>▲Explain to others what is enjoyable about physical activity. (8.2.N)</p> <p>Explain to others what is enjoyable about eating healthy foods.</p> <p>Try foods that are grown locally.</p>	<p>▲Support others in making positive food and physical activity choices. (8.1.N)</p> <p>Demonstrate how to offer support to someone who is teased because of weight or body shape.</p>	<p>▲Encourage and promote healthy eating and increased physical activity opportunities at school and in the community. (8.1.N)</p> <p>Use different cultural traditions to plan meals.</p>