

2. Overarching Nutrition Competency: Analyzing Nutrition Influences

All students will demonstrate the ability to analyze internal and external factors influencing food choices and health outcomes.

Kindergarten	Grades 1–2	Grades 3–4	Grades 5–6
<p>Identify one influence on food choices.</p> <p>▲Recognize that not all products advertised or sold are good for them. (2.1.N)</p> <p>State the purpose of food advertisements and commercials.</p> <p>Give one example of a favorite food custom or food choice on a special holiday.</p> <p>Identify one practice that makes meal-times enjoyable.</p> <p>Compare the feelings of hunger and fullness.</p>	<p>▲Discuss how family, friends, and media influence food choices. (2.1.N)</p> <p>Report on one historical reason for making certain food choices.</p> <p>Describe three factors that influence personal food choices (seeing, smelling, and tasting).</p> <p>Describe how taste affects personal food choices.</p> <p>Describe body signals that tell people when they are hungry and when they are full.</p>	<p>▲Identify internal and external influences that affect food choices. (2.1.N)</p> <p>▲Analyze advertising and marketing techniques used for food and beverages. (2.2.N)</p> <p>Describe the effects of peer influence and social environments on food choices.</p> <p>Identify examples of a food item associated with a neighborhood, city, state, or country.</p> <p>▲Identify internal and external influences that affect physical activity. (2.3.N)</p>	<p>▲Describe internal and external influences that affect food choices and physical activity. (2.1.N)</p> <p>▲Recognize that family and cultural influences affect food choices. (2.2.N)</p> <p>Compare food choices from different cultures.</p> <p>Investigate historical reasons for making certain food choices.</p> <p>▲Describe the influence of advertising and marketing techniques on food and beverage choices. (2.3.N)</p> <p>Identify how heredity may influence body size and shape.</p> <p>Identify how physical and psychological factors affect taste.</p> <p>Discuss ways to respect an individual’s personal decisions about food choices.</p>