

## 4. Overarching Nutrition Competency: Interpersonal Communication about Nutrition

All students will demonstrate the ability to use interpersonal communication skills to optimize food choices and health outcomes.

Kindergarten	Grades 1–2	Grades 3–4	Grades 5–6
<p>▲ Explain how to ask family members for healthy food options. (4.1.N)</p> <p>Say or show how to politely say no when refusing food when full or how to indicate preferences for some foods.</p>	<p>▲ Demonstrate how to ask family members for healthy food options. (4.1.N)</p> <p>Demonstrate effective ways to say no to more food when full or how to indicate preferences for some foods.</p> <p>Demonstrate the ability to respect differences in body shapes and sizes.</p>	<p>▲ Demonstrate effective communication skills to ask for healthy food choices. (4.1.N)</p> <p>Demonstrate effective ways to say no to more food when full or how to communicate the reasons for a food preference.</p> <p>Demonstrate the ability to respect differences in body shapes and sizes.</p>	<p>▲ Use communication skills to deal effectively with influences from peers and media regarding food choices and physical activity. (4.1.N)</p>