

Grade Four. Choosing Foods for Me

Nutrition and Physical Activity

The *Choosing Foods for Me* Curriculum aligns with the Fourth Grade Healthful Living Essential Standards—Nutrition and Physical Activity. The curriculum was developed in partnership with NC State University, NC Cooperative Extension, and the Expanded Food and Nutrition Education Program (EFNEP).

The materials used to deliver the curriculum are adapted with permission from Show Me Nutrition, developed by the University of Missouri Extension.

Each lesson is grade-level appropriate and provides a continuous build upon the Essential Standard: Nutrition and Physical Activity.

Choosing Foods for Me uses both EFNEP Program Assistant-led and teacher-led lessons. Each lesson centers on delivering grade-level appropriate nutrition education through fun and interactive activities. Support lesson plans for teachers and teaching materials are provided through the EFNEP website. Through their participation in *Choosing Foods for Me* students explore the

concepts of food, nutrition, physical activity, with extra

focus on developing a process to make good health choices. Learning strategies engage students in inquiry, investigation, and hands-on application. Students are encouraged through these activities to make healthy choices.

Lesson module themes include challenge, investigation, and exploration that allow the student to reach a metacognitive understanding of nutrition and physical activity and to distinguish how healthy choices contribute to good overall health. Each activity within this curriculum follows these steps in the experiential learning model. Life skills help an individual live a productive and satisfying life. Within this curriculum students will have the opportunity to develop life skills related to critical thinking, problem solving, teamwork, communication, and acquiring and evaluating information.

Contact your local Cooperative Extension and ask for the EFNEP Program Assistant/Associate to learn more about *Choosing Foods for Me*.



Grade Four. Choosing Foods for Me

North Carolina Essential Standards Healthful Living—Nutrition and Physical Activity

Lesson One: Keeping Food Safe to Eat

Essential Standard

- 4.NPA.1 Apply tools (MyPlate, Food Facts label) to plan healthy nutrition and fitness.*

Clarifying Objective

- 4.NPA.1.1 Plan meals using MyPlate.
4.NPA.1.2 Carry out measures to prevent food borne illness, including hand washing and appropriate food storage and preparation.*

Lesson Two: Serve Up Your Grains, Vegetable and Fruits

Essential Standard

- 4.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.
4.NPA.3 Understand the benefits of nutrition and fitness to disease prevention.*

Clarifying Objective

- 4.NPA.2.1 Compare unhealthy and healthy eating patterns, including eating in moderation.*
4.NPA.3.1 Explain how nutrition and fitness affect cardiovascular health.*

Lesson Three: Serve up Your Dairy and Protein Foods

Essential Standard

- 4.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

Clarifying Objective

- 4.NPA.2.1 Compare unhealthy and healthy eating patterns, including eating in moderation.
4.NPA.2.2 Explain the effects of eating healthy and unhealthy breakfasts and lunches.

Lesson Four: Breakfast and Hunger

Essential Standard

- 4.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.
4.NPA.3 Understand the benefits of nutrition and fitness to disease prevention.

Clarifying Objective

- 4.NPA.2.1 Compare unhealthy and healthy eating patterns, including eating in moderation.
4.NPA.2.2 Explain the effects of eating healthy and unhealthy breakfasts and lunches.
4.NPA.3.1 Explain how nutrition and fitness affect cardiovascular health.

Lesson Five: Food Label and the Nutrition Facts Panel

Essential Standard

- 4.NPA.1 Apply tools (MyPlate, Food Facts label) to plan healthy nutrition and fitness.
4.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

Clarifying Objective

- 4.NPA.1.3 Use the Food Facts Label to plan meals and avoid food allergies.
4.NPA.2.2 Explain the effects of eating healthy and unhealthy breakfasts and lunches.

Lesson Six: Make Better Choices for You

Essential Standard

- 4.NPA.1 Apply tools (MyPlate, Food Facts label) to plan healthy nutrition and fitness.
4.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

Clarifying Objective

- 4.NPA.1.1 Plan meals using MyPlate.

*Denotes this objective is addressed in every lesson.

