

# Grade Five. Exploring the Food Groups

## *Nutrition and Physical Activity*

The *Exploring the Food Groups* Curriculum aligns with the Fifth 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.

*Exploring the Food Groups* 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. By participating in *Exploring the Food Groups*, students

investigate the concepts of food, nutrition, and 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. 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 *Exploring the Food Groups*.**



# Grade Five. Exploring the Food Groups

## North Carolina Essential Standards Healthful Living—Nutrition and Physical Activity

### Lesson One: Be Food Safe

#### Essential Standard

5.NPA.1 Apply tools (MyPlate) to plan healthy nutrition and fitness.\*

#### Clarifying Objective

5.NPA.1.1 Use MyPlate to make healthy choices of foods and beverages.

### Lesson Two: Let's Go Exploring

#### Essential Standard

5.NPA.1 Apply tools (MyPlate) to plan healthy nutrition and fitness.

#### Clarifying Objective

5.NPA.1.1 Use MyPlate to make healthy choices of foods and beverages.

5.NPA.1.2 Use recommendations in MyPlate to increase physical activity.\*

### Lesson Three: Power Food Groups

#### Essential Standard

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

5.NPA.3 Understand the benefits of nutrition and fitness to disease prevention.

#### Clarifying Objective

5.NPA.2.2 Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.

5.NPA.3.1 Contrast dieting and healthy weight management, including limiting high-fat and high-sugar foods.

### Lesson Four: Be a Cool Consumer:

#### Essential Standard

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

#### Clarifying Objective

5.NPA.2.2 Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.

### Lesson Five: Healthy Body Image

#### Essential Standard

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

#### Clarifying Objective

5.NPA.2.2 Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.

### Lesson Six: Why We Eat

#### Essential Standard

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

#### Clarifying Objective

5.NPA.2.1 Summarize the influences of family, culture, and the media on food choices.

\*Denotes this objective is addressed in every lesson.

