

LiveWell Kids Nutrition Learning Objectives
Alignment with the Health Education Curriculum Analysis Tool (HECAT)

Module & Objectives	Grade K	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade
Mindful (Eating) Behaviors <i>-Increase knowledge of mindful eating behaviors</i> <i>-Increase practice of mindful behaviors</i> <i>-Increase participation in mindful tasting activities</i>	<i>After completing the lesson, students will:</i>					
	- Identify color, shape, texture, and taste of food Aligns with (MEH 4.2.2.): “Demonstrate effective active listening skills including paying attention, and verbal and nonverbal feedback .”	- Understand the five senses and the importance of mindful practices Aligns with (PHW 4.2.2.): Demonstrate effective active listening skills including paying attention, and verbal and nonverbal feedback to enhance personal health and wellness.”	- Identify body signals for hunger and fullness Aligns with (HE 1.2.8): “Describe body signals that tell a person when they are hungry and when they are full.”	- Recognize mindless eating and learn its consequences Aligns with (MEH 1.5.5): “Describe appropriate ways to express and deal with emotions.”	- Identify strategies related to eating in moderation and portion control Aligns with (HE. 1.5.14): “Explain the concept of eating in moderation.”	- Describe the benefits of mindful eating - Teach mindful based practices to peers Aligns with (MEH 1.5.17): “Identify characteristics of someone who has self-control.”

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Fruits & Vegetables <i>-Increase knowledge of and ability to distinguish between fruits & veggies</i> <i>-Increase consumption of fruits & vegetables</i> <i>-Increase willingness to try new foods</i>	<i>After completing the lesson, students will:</i>					
	<ul style="list-style-type: none"> - Learn about where fruits and vegetables come from - Have opportunities to try different fruits and vegetables <p>Aligns with (HE1.2.1): “Explain the importance of trying new foods.”</p>	<ul style="list-style-type: none"> - Learn about the importance of eating breakfast daily - Identify ways to incorporate fruits and vegetables at breakfast <p>Aligns with (HE1.2.6): “Describe the benefits of eating breakfast every day.”</p>	<ul style="list-style-type: none"> - Use MyPlate to make half of their plate fruits and vegetables <p>Aligns with (HE1.2.9): “Identify healthy eating patterns that provide energy and help the body grow and develop.”</p>	<ul style="list-style-type: none"> - Learn/ promote eating balanced meals <p>Aligns with (HE1.5.1): “Name the food groups and a variety of nutritious food choices for each food group.”</p>	<ul style="list-style-type: none"> - Learn about the importance of trying new foods - Learn how to set goals to try new foods from all five food groups <p>Aligns with (HE1.5.4): “Explain the importance of eating a variety of food from all food groups.”</p>	<ul style="list-style-type: none"> - Learn how to eat healthy at social gatherings <p>Aligns with (HE5.5.5): “Choose a healthy food or beverage option when making a decision related to healthy eating behaviors.”</p>

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Food Labels & Marketing <i>-Increase knowledge of nutrition facts/food labels</i> <i>-Increase ability to make healthy choices</i> <i>-Increase ability to think critically about common marketing tactics</i>	<i>After completing the lesson, students will:</i>					
	- Learn about the differences between processed and minimally processed foods Aligns with (HE 1.2.2): “Explain the importance of choosing healthy foods and beverages.”	- Learn about the importance of choosing minimally processed foods Aligns with (HE5.2.4): “Explain the potential positive and negative outcomes from a nutrition-related decision.”	- Recognize examples of healthy and unhealthy foods in media advertisements Aligns with (HE 2.2.3): “Identify relevant influences of media and technology on food choices and other eating practices and behaviors.”	- Learn how to read the nutrition facts label and learn the meaning of serving size, the nutrient items, and percent of daily value Aligns with (HE 3.5.2): “Describe characteristics of appropriate and reliable nutrition products.”	- Use the Nutrition Facts label to identify how to identify foods that are high / low in fat, sugar and sodium Aligns with (HE 1.5.11): “Describe the benefits of limiting the consumption of solid fat, added sugar, and sodium.”	- Create their own media campaign to promote healthy living and well-being Aligns with (HE 2.5.6): “Describe how relevant influences of media (e.g. advertising) and technology affect food choices and other eating practices and behaviors.”

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Water	<i>After completing the lesson, students will:</i>					
<p><i>-Increase knowledge of benefits of drinking water</i></p> <p><i>-Increase water consumption & decrease sugar sweetened beverage consumption</i></p> <p><i>-Increase knowledge related to alternative sources of water</i></p>	<p>- Learn where water comes from and the role it plays in the body</p> <p>Aligns with (HE1.2.4): "Identify the benefits of drinking plenty of water."</p>	<p>- Identify ways to use water to keep us clean and safe</p> <p>Aligns with (HE 1.2.7): "Describe how to keep food safe from harmful germs."</p>	<p>- Identify ways in which our body loses water</p> <p>- Learn how water is needed to replenish the body</p> <p>Aligns with (HE1.2.4): "Identify the benefits of drinking plenty of water."</p>	<p>- Learn that food contains water and can act as an alternative to drinking water</p> <p>Aligns with (HE 1.5.3): "Describe the benefits of eating plenty of fruits and veggies."</p>	<p>- Review ingredients in sugar sweetened beverages</p> <p>- Learn about the effects of sugar sweetened beverages on the body</p> <p>Aligns with (HE 1.5.6): "Describe the benefits of drinking plenty of water."</p>	<p>- Identify ways to incorporate water into daily life</p> <p>- Prepare a tasty healthy beverage</p> <p>Aligns with (HE 1.5.5): "Identify nutritious and non-nutritious beverages."</p>

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Physical Activity <i>-Increase knowledge of the importance of being physically active</i> <i>-Increase the opportunity for short bouts of physical activity in the classroom</i> <i>-Decrease sedentary behaviors</i>	After completing the lesson, students will:					
	- Learn the difference/importance of being active vs. sitting Aligns with (PA 1.2.3): “Describe behaviors that are physically active and physically inactive.”	- Talk about ways to have fun and be safe when playing with others Aligns with (S1.2.4): “Identify safety rules for playing on playground, swimming, and playing sports.”	- Review the physical and emotional effects of being physically active Aligns with (PA 1.2.4) “Describe how being physically active can help a person feel better.”	- Learn that all minutes of physical activity add up to the recommended amount of daily physical activity Aligns with (PA 1.5.3) “Identify different types of physical activities.”	- Learn the importance of drinking water before, during and after PA Aligns with (PA 1.5.8): “Describe the benefits of drinking water before, during and after PA.”	- Discuss why stretching is apart of injury prevention - Practice stretching exercises Aligns with (PA 1.5.7): “Identify warm up activities to help prevent injury during physical activity.”