

**Grade 1 Program: *Healthy Choices, Healthy Me!***  
Alignment to California Nutrition Education Competencies, Grades 1-2

*Healthy Choices, Healthy Me!* supports teaching and learning related to *California Nutrition Education Competencies* (Grades 1-2). The following alignment is based on the resources, information, instruction, and student work for each of the main Activities in the program.

CALIFORNIA NUTRITION EDUCATION COMPETENCIES (Grades 1-2)	Grade 1: <i>Healthy Choices, Healthy Me!</i>									
	Activity 1: Milk & Milk Products	Activity 2: Fruits	Activity 3: Vegetables	Activity 4: Grains, Breads & Cereals	Activity 5: Meat, Beans & Nuts	Activity 6: Extra Foods	Activity 7: Mixed Foods	Activity 8: Build Your Breakfast	Activity 9: Choosing Food Group Snacks	Activity 10: Playing Hard, Feeling Great
*This is a Grade 2 competency listed in California's Health Education Content Standards (2008).										
<b>Nutrition Education Competency 1: Students will know the relationships among nutrition, physiology, and enhancing health.</b>										
<b>a. Know the six nutrient groups and their functions.</b>										
– Describe the main functions of fat, carbohydrate, protein, vitamins, minerals, and water.	•	•	•	•	•					
<b>b. Know nutrition and health guidelines.</b>										
– Classify various foods into appropriate food groups.* (1.1.N)	•	•	•	•	•	•	•	•	•	
– Identify actions key to feeling healthy and growing a healthy body.	•	•	•	•	•	•		•	•	•
– Identify physical activities that students can enjoy and sustain for 30 minutes every day.										•
<b>c. Know factors affecting energy balance.</b>										
– Describe how energy is obtained and expended during the day.				•				•	•	•
– Describe a variety of physical activities that will help keep children physically fit.										•
– Identify and explore opportunities outside of school for regular participation in physical activity.* (1.8.N)										•
<b>e. Identify the physiological processes in digestion, absorption, and metabolism of nutrients.</b>										
– Explain that food is used and stored by our bodies to help us have energy for growing, learning, and activity.				•				•	•	•
<b>f. Explain the influence of nutrition and physical activity on health.</b>										

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– List the benefits of healthy eating (including beverages and snacks).* (1.4.N)	•	•	•	•	•	•		•	•	•
– Discuss the benefits of eating a nutritious breakfast every day.* (1.3.N)								•		
– Explain how both physical activity and eating habits can affect a person's health.* (1.9.N)										•
<b>h. Consider the interactions among nutrition science, ecosystems, agriculture, and social systems that affect health, including local, national, and global perspectives.</b>										
– Name one healthy example of a food item associated with a certain country or cultural group.	•	•	•	•	•	•	•	•		
<b><i>Nutrition Education Competency 2:</i></b> <b>Students will demonstrate the ability to analyze internal and external factors influencing food choices and health outcomes.</b>										
– Describe three factors that influence personal food choices, including seeing, smelling, and tasting.	•	•	•	•	•	•	•	•	•	
– Describe how taste affects personal food choices.	•	•	•	•	•	•	•		•	
– Discuss how family, friends, and media influence food choices.* (2.1.N)					•	•	•	•		
– Describe body signals that tell people when they are hungry and when they are full.								•		
<b><i>Nutrition Education Competency 4:</i></b> <b>Students will demonstrate the ability to use interpersonal communication skills to optimize food choices and health outcomes.</b>										
– Demonstrate how to ask family members for healthy food options.* (4.1.N)								•		

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<b><i>Nutrition Education Competency 5:</i></b> <b>Students will demonstrate the ability to use decision-making skills to optimize food choices and health outcomes.</b>										
– Use a decision-making process to select healthy foods.* (5.1.N)	•	•	•	•	•	•		•	•	
– Compare and contrast healthy and less-healthy food choices for a variety of settings.* (5.2.N)	•	•	•	•	•	•		•	•	
<b><i>Nutrition Education Competency 7:</i></b> <b>Students will demonstrate the ability to practice nutrition-related behaviors that reduce risk and promote health.</b>										
– Examine the importance of eating a nutritious breakfast every day.* (7.1.N)								•		
– Plan a nutritious meal.* (7.2.N)								•		
– Select healthy beverages.* (7.3.N)	•	•	•					•	•	
– Examine the criteria for choosing a nutritious snack.* (7.4.N)									•	
– Record foods consumed and use the current USDA guide for daily food choices to classify food groups selected.								•		
– Participate in physical activities with friends and family.* (7.5.N)										•
<b><i>Nutrition Education Competency 8:</i></b> <b>Students will demonstrate the ability to promote and support a sustainable, nutritious food supply and healthy lifestyles for families and communities.</b>										
– Practice making healthy eating choices with friends and family.* (8.1.N)	•							•	•	