



## Nutrition and Garden Standards Kindergarten – 5<sup>th</sup> Grade

Nutrition: Alignment with the National Health Education Standards (NHES) and the Centers for Disease Control and Prevention (CDC) Characteristics of Effective Health Education Curricula using the 2021 Health Education Curriculum Analysis Tool (HECAT).

Garden: Alignment with the California Next Generation Science Standards (NGSS) and Common Core State Standards (CCSS).

Lesson	Topic	Nutrition Objectives	HECAT
Lesson 1: The Importance of Water for People and Plants	People, animals and plants need water to survive	<ul style="list-style-type: none"> <li>• Appreciate that all living things, including plants, animals and humans, need water to survive.</li> <li>• Understand the benefits of drinking water compared to drinking sugary drinks.</li> <li>• Identify ways in which our body loses water.</li> <li>• Become familiar with different ways to add water to our daily diet.</li> <li>• Increase ability to make healthy food choices by knowing how to interpret the Nutrition Facts Label.</li> <li>• Recognize the benefit of eating fruits and vegetables in various colors.</li> <li>• Increase daily consumption and willingness to try new fruits and vegetables.</li> </ul>	<p><u>Healthy Behavior Outcomes HBO)</u></p> <ul style="list-style-type: none"> <li>• HBO 1: Follow a healthy eating pattern that meets individual preferences and needs for growth and development.</li> <li>• HBO 2: Choose a variety of options within each food group.</li> <li>• HBO 3: Eat lots of fruits and vegetables.</li> <li>• HBO 6: Drink lots of water.</li> <li>• HBO 7: Avoid sugary drinks.</li> <li>• HBO 8: Limit foods high in added sugars, saturated fats, trans fats and sodium.</li> <li>• HBO 9: Choose to eat or drink nutrient-dense foods and beverages when dining.</li> <li>• HBO 10: Prepare good-tasting, nutrient-dense foods for yourself and others.</li> <li>• HBO 11: Choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture and budget.</li> </ul> <p><u>Standards</u></p> <ol style="list-style-type: none"> <li>1. Students will comprehend concepts related to health promotion and disease prevention.               <ol style="list-style-type: none"> <li>A. <i>By 2<sup>nd</sup> grade:</i> <ul style="list-style-type: none"> <li>✓ FN1.2.1 – Explain the importance of trying new foods.</li> <li>✓ FN1.2.2 – Discuss the importance of people trying food several times before deciding if they like it.</li> <li>✓ FN1.2.3 – Explain the importance of choosing nutrient-dense foods and beverages that help people feel good.</li> </ul> </li> </ol> </li> </ol>

			<ul style="list-style-type: none"> <li>✓ FN1.2.6 – Identify the benefits of drinking water.</li> <li>✓ FN1.2.7 – Describe the types of foods and beverages that should be limited (e.g., sugary drinks).</li> <li>✓ FN1.2.11 – Identify healthy eating patterns that provide energy and help the body grow and develop.</li> </ul> <p><i>B. By 5<sup>th</sup> grade:</i></p> <ul style="list-style-type: none"> <li>✓ FN1.5.1 – Explain the importance of trying new foods.</li> <li>✓ FN1.5.4 – Describe the benefits of eating plenty of whole fruits and vegetables.</li> <li>✓ FN1.5.6 – Describe the benefits of consuming enough water.</li> <li>✓ FN1.5.7 – Identify sugary drinks.</li> </ul>
<b>Lesson</b>	<b>Topic</b>	<b>Garden Education Objective</b>	<b>CA NGSS</b>
Lesson 1: The Importance of Water for People and Plants	People, animals and plants need water to survive	<ul style="list-style-type: none"> <li>• Appreciate that all living things, including plants, animals and humans, need water to survive.</li> <li>• Understand how plants utilize water.</li> </ul>	<u>LS1.C: Organization for Matter and Energy Flow in Organisms</u> <ul style="list-style-type: none"> <li>• All animals need food in order to live and grow. They obtain their food from plants or from other animals. Plants need water and light to live and grow. (K-LS1-1)</li> </ul>

<b>Lesson</b>	<b>Topic</b>	<b>Nutrition Objectives</b>	<b>HECAT</b>
Lesson 2: Planting Cool-Season Crops/ From Garden to Pizza	Whole & Processed Foods	<ul style="list-style-type: none"> <li>• Increase understanding of the range of food options from whole foods to highly processed foods.</li> <li>• Become aware of the Nutrition Facts Label as a valid source of nutrition information</li> <li>• Increase ability to make healthy food choices by knowing how to interpret the Nutrition Facts Label.</li> </ul>	<u>Healthy Behavior Outcomes HBO)</u> <ul style="list-style-type: none"> <li>• HBO 1: Follow a healthy eating pattern that meets individual preferences and needs for growth and development.</li> <li>• HBO 3: Eat lots of fruits and vegetables.</li> <li>• HBO 4: Choose to eat whole grain products.</li> <li>• HBO 8: Limit foods high in added sugars, saturated fats, trans fats and sodium.</li> <li>• HBO 9: Choose to eat or drink nutrient-dense foods and beverages when dining.</li> <li>• HBO 10: Prepare good-tasting, nutrient-dense foods for yourself and others.</li> <li>• HBO 11: Choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture and budget.</li> </ul> <p><u>Standards</u></p> <ol style="list-style-type: none"> <li>1. Students will comprehend concepts related to health promotion and disease prevention.</li> </ol> <p><i>A. By 2<sup>nd</sup> grade:</i></p>

			<ul style="list-style-type: none"> <li>✓ FN1.2.3 – Explain the importance of choosing nutrient-dense foods and beverages that help people feel good.</li> <li>✓ FN1.2.5 – Identify a variety of healthy, good-tasting, nutrient-dense snacks.</li> <li>✓ FN1.2.7 – Describe the types of foods and beverages that should be limited.</li> <li>✓ FN1.2.11 – Identify healthy eating patterns that provide energy and help the body grow and develop.</li> </ul> <p><i>B. By 5<sup>th</sup> grade:</i></p> <ul style="list-style-type: none"> <li>✓ FN1.5.4 – Describe the benefits of eating plenty of whole fruits and vegetables.</li> <li>✓ FN1.5.8 – Identify foods that are high in added sugars, sodium and saturated or trans fats.</li> <li>✓ FN1.5.10 – Describe the health benefits of limiting the consumption of saturated or trans fat, added sugar and sodium.</li> <li>✓ FN1.5.11 – Describe how to make or choose good-tasting, nutrient dense snacks.</li> <li>✓ FN1.5.15 – Describe the benefits of following a healthy eating pattern.</li> <li>✓ FN3.5.3 – Describe how to locate sources of valid nutrition information.</li> </ul>
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Lesson	Topic	Nutrition Objectives	HECAT
Lesson 3: Soil, Sodium and Minerals/ All Living Things Need Nutrients	Minerals with an Emphasis on Sodium	<ul style="list-style-type: none"> <li>• Understand the role of minerals in the body.</li> <li>• Learn about sodium and how the amount we eat affects our health.</li> <li>• Increase ability to make healthy food choices by knowing how to interpret the Nutrition Facts label.</li> </ul>	<p><u>Healthy Behavior Outcomes HBO)</u></p> <ul style="list-style-type: none"> <li>• HBO 1: Follow a healthy eating pattern that meets individual preferences and needs for growth and development.</li> <li>• HBO 2: Choose a variety of options within each food group.</li> <li>• HBO 3: Eat lots of fruits and vegetables.</li> <li>• HBO 8: Limit foods high in added sugars, saturated fats, trans fats and sodium.</li> <li>• HBO 9: Choose to eat or drink nutrient-dense foods and beverages when dining.</li> <li>• HBO 10: Prepare good-tasting, nutrient-dense foods for yourself and others.</li> <li>• HBO 11: Choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture and budget.</li> </ul> <p><u>Standards</u></p> <ol style="list-style-type: none"> <li>1. Students will comprehend concepts related to health promotion and disease prevention.</li> </ol>

			<p>A. <i>By 2<sup>nd</sup> grade:</i></p> <ul style="list-style-type: none"><li>✓ FN1.2.3 – Explain the importance of choosing nutrient-dense foods and beverages that help people feel good.</li><li>✓ FN1.2.5 – Identify a variety of healthy, good-tasting, nutrient-dense snacks.</li><li>✓ FN1.2.7 – Describe the types of foods and beverages that should be limited.</li><li>✓ FN1.2.11 – Identify healthy eating patterns that provide energy and help the body grow and develop.</li></ul> <p>B. <i>By 5<sup>th</sup> grade:</i></p> <ul style="list-style-type: none"><li>✓ FN1.5.4 – Describe the benefits of eating plenty of whole fruits and vegetables.</li><li>✓ FN1.5.8 – Identify foods that are high in added sugars, sodium and saturated or trans fats.</li><li>✓ FN1.5.10 – Describe the health benefits of limiting the consumption of saturated or trans fat, added sugar and sodium.</li><li>✓ FN1.5.11 – Describe how to make or choose good-tasting, nutrient dense snacks.</li><li>✓ FN1.5.15 – Describe the benefits of following a healthy eating pattern.</li><li>✓ FN3.5.3 – Describe how to locate sources of valid nutrition information.</li></ul>
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