

Nutrition, Health and Fitness

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Nutrition

- Develop a daily menu with recommended amounts of food from the five groups.
- Explain the major nutrient contributions from each of the five food groups.
- Define Percent Daily Value (DV) used on the nutrition facts label.
- Identify good sources of dietary fiber, vitamins and minerals (more than 10 percent daily value per serving) on food packages using the nutrition facts label.
- Identify foods that are high in sodium and added sugar using the nutrition facts label on a food package.
- Explain how to identify a food as whole grain.
- Plan and deliver educational sessions about healthy eating.
- Modify a menu to improve the nutritional value.

Food

- Plan and deliver educational sessions about food safety.
- Distinguish between food allergy and food intolerance.
- Describe the advantages of buying and consuming food during the local or regional growing season.
- Describe healthy cooking techniques.
- Identify ways to substitute healthy oils for unhealthy fats in recipes.
- Plan a week of menus based on a given budget.
- Write a shopping list from a menu plan.

Health

- Identify main facts about the human brain and mental health.
- Explain different factors that contribute to stress.



- Describe how to promote mental and emotional health.
- Recognize that how much sleep a person gets can affect a person both mentally and physically.
- Identify when it is time to seek help.
- List community health services available in your area.
- Describe the importance of physical hygiene.
- Understand the components of personal hygiene including physical care of the body and vaccines.
- Plan and deliver an educational session about personal hygiene.

Physical Activity

- Identify safe ways to be physically active (review from Beginner Project Area Guide).
- Examine your own community for resources and locations for safe physical activity options.
- Develop and maintain a plan for personal physical activity.
- List the recommendations for physical activities for all age groups.
- Identify health benefits of engaging in regular physical activity each day for your age.
- Create a resource of your choice (ex: brochure, poster, fact sheet, etc.) on physical activity that could be shared with others.



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