

EXERCISE YOUR OPTIONS

6th GRADE OBJECTIVES



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LESSON 1 - Food Group Experts

- Identify the five food groups plus extra foods and classify the main nutrient from each group.
- Explain the body function that each main nutrient supports.
- Identify the amount needed from each food group needed daily.

LESSON 2 - Lunch at the Mall: What Are My Options?

- Identify the health impacts of eating traditional fast-foods.
- Describe three strategies for making smart food choices when eating out.
- Select a fast food lunch that features food group variety, low calories and low cost.

LESSON 3 - Power Up for Breakfast

- Explain how skipping breakfast impacts the body.
- List the three nutritional components of a healthy breakfast.
- Design two breakfast menus that meet nutritional guidelines.

LESSON 4 - Keep Moving Keep Fit

- Recall the amount of moderate-vigorous level physical activities needed each day.
- Classify a variety of activities as low level or moderate-vigorous level.
- Explain how to increase heart rate by trading low levels of physical activity for higher levels of physical activity.
- Evaluate a record of their personal physical activities
- Create a plan for increasing physical activity levels to meet their daily recommendation.

LESSON 5 - Overcoming Obstacles

- Demonstrate the ability to make healthy food choices.
- Evaluate internal and external influences on food choices.
- Make a plan to improve daily food intake.