



Recommended P2/Grade 2 and P3/Grade 3 Curriculum Framework

<b>Content: Health Education – P2/Grade 2 and P3/Grade 3</b>						
<b>Topic: Nutrition (Weeks 15-18)</b>						
<b>Content</b> (What do your students need to KNOW?)	<b>Demonstrators</b> (What do your students need to be able to DO?)	<b>Assessment</b> (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	<b>Activities</b> (HOW will you teach it?)	<b>Resources</b> (What MATERIALS will you need?)	<b>Differentiation</b> (How will you reach the DIVERSITY of learners?)	<b>Literacy Connection</b> (How will you use READING and WRITING with this material?)
<p><b>PL-E-1.3.1</b> The major body systems (e.g., circulatory, respiratory, digestive) are affected by diet, exercise, and rest.</p> <p><b>PL-E-1.4.1</b> Nutritious foods play a role in the growth of healthy bodies.</p> <p><b>PL-E-1.4.2</b> The food guide pyramid has an organizational structure that recommends the number of servings at each level.</p> <p><b>PL-E-1.4.3</b> Nutritious snack choices (e.g., fruits, vegetables, dairy products) are preferable to snack foods (e.g., sugar coated cereals, soft drinks, candy) for health and well-being.</p>	<p><b>Personal Wellness</b> <b>AE 2.31</b> Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p><b>DEMONSTRATORS</b></p> <ul style="list-style-type: none"> <li>Investigate nutritional practices which enhance health.</li> <li>Develop awareness of interrelatedness of body functions and the impact of lifestyle choices on body systems.</li> </ul> <p><b>POS-HE-P-21</b> Students will identify basic food groups.</p> <p><b>POS-HE-P-22</b> Students will identify foods in basic food groups.</p> <p><b>POS-HE-P-23</b> Students will classify foods according to identified food groups.</p>					



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	<p><b>POS-HE-P-24</b> Students will describe and select healthy snack foods.</p> <p><b>POS-HE-P-25</b> Students will describe food guide pyramid and understand its significance.</p> <p><b>POS-HE-P-26</b> Students will determine the impact of diet on growth and development.</p> <p><b>BENCHMARKS</b> Students describe and select healthy snack foods.</p> <p>Students understand the impact of diet and nutrition on growth and development.</p>					