



Recommended 4th and 5th Grade Curriculum Framework

Content: Health Education – Grades 4 and 5						
Topic: Nutrition (Weeks 15-17)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-E-1.4.1 Nutritious foods play a role in the growth of healthy bodies.</p> <p>PL-E-1.4.2 The food guide pyramid has an organizational structure that recommends the number of servings at each level.</p> <p>PL-E-1.4.3 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>Personal Wellness AE 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Investigate nutritional practices which enhance health. <p>POS-HE-5-11 Describe how good nutrition helps develop healthy individuals.</p> <p>POS-HE-5-12 Examine food guide pyramid to determine appropriate servings and plan simple menus.</p> <p>CA- Evaluate dietary practices.</p> <p>BENCHMARKS Students describe and select healthy snack foods.</p>					



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	Students understand the impact of diet and nutrition on growth and development.					