

Oregon Common Core State Standards

Essential Skills:

4. Listen actively and speak clearly and coherently
5. Think critically and analytically

3rd Grade:

- HE.03.PH01.CC Identify the food groups in the current USDA recommended guidelines
- HE.03.PH01.AI Explore the food groups in the USDA guidelines and identify and list examples from each.
- HE.03.PH02.CC Recognize the importance of variety and moderation in food selection and consumption.
- HE.03.PH02.ADV Advocate for a variety of foods from all food groups (focus on food groups to encourage: dairy, fruit, vegetables and whole grain).

5th Grade:

- HE.05.PH01.CC Describe the food groups, nutrients and portion size in the USDA recommended guidelines.
- HE.05.PH01.AI Identify a variety of foods from each food group as healthy eating choices.
- HE.05.PH02.CC Explain the importance of variety and moderation in food choices and consumption.
- HE.05.PH02.SM Prepare and choose healthy snacks and meals
- HE.05.PH02.ADV Advocate for foods and beverages that meet Oregon law.
- HE.05.PH03.ADV Advocate for healthy beverages at school.

8th Grade:

- HE.08.PH01.CC Compare and contrast the food groups, nutrients and serving size in the USDA recommended guidelines.
- HE.08.PH03.ADV Advocate for healthy beverages at school.

Science:

- K-4.3 Scientific Inquiry: Scientific inquiry is a process of investigation through questioning, collecting, describing, and examining evidence to explain natural phenomena and artifacts.