

Activity "Administrivia":

Intended Grade Level:

K-3



Relevant TEKS-Health

K.1 Health behaviors. The student recognizes that personal health decisions and behaviors affect health throughout life. The student is expected to: (B) identify types of foods that help the body grow such as healthy breakfast foods and snacks

K.3 Health behaviors. The student demonstrates decision-making skills for making health-promoting decisions. The student is expected to: (B) plan a healthy meal and/or snack

1.1 Health behaviors. The student understands that personal health decisions and behaviors affect health throughout the life span. The student is expected to:

(A) describe and practice activities that enhance individual health such as enough sleep, nutrition, and exercise

2.1 Health behaviors. The student understands that personal health decisions and behaviors affect health throughout the life span. The student is expected to:

(C) identify food groups and describe the effects of eating too much sugar and fat such as knowing that sugar causes dental cavities; (D) identify healthy and unhealthy food choices such as a healthy breakfast and snacks and fast food choices;

3.1 Health behaviors. The student explains ways to enhance and maintain health throughout the life span. The student is expected to: (D) describe food combinations in a balanced diet such as a food pyramid;

Key Concepts:

Nutrition, Food groups, Sorting, Classification

Process Skills Utilized in Lesson:

Observing, sorting, following directions

Previous Learning Assumed:

We need food for health and energy

Key Words for Web Page:

nutrition, food groups, classifying foods, food pyramid, K-5 lessons



HEALTHY BODY: Food Classifications

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