



University of Rhode Island SNAP-Ed Program
Fresh Fruit and Vegetable Nutrition Curriculum
Rhode Island Health Education Standards and Nutrition Instructional Outcomes

Fourth Grade

The lessons in this curriculum meet the following Rhode Island Health Education Standards and Nutrition Instructional Outcomes:

Standard 1: Students will understand concepts related to health promotion and disease prevention as a foundation for a healthy life.

Students will demonstrate the ability to:

- 1.1 describe relationships between proper nutrition and individual well-being on a daily basis and throughout the life span.
 - food as fuel, sensory and functional characteristics of food, variety and moderation
- 1.2 identify indicators of good nutrition during childhood.
 - MyPlate, major nutrients, impact of proper nutrition on health and personal wellness
- 1.3 describe how the body digests and uses food.
 - anatomy of digestive system, plant and animal sources of food

Standard 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- 3.1 identify responsible nutrition behaviors
 - importance of beginning healthy diet at a young age
- 3.2 identify personal nutritional needs and nutrition habits
 - food diaries

Standard 5: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

- 5.2 use healthy ways to express nutritional wants, needs and feelings
- 5.3 choose healthy foods in a social context

Standard 6: Students will demonstrate the ability to use goal setting and decision making skills to enhance health.

- 6.1 apply a decision-making process to a nutritional issue
- 6.4 set a personal nutritional goal and track progress towards its achievement.