



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

Fifth 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 explain the relationship between good nutrition, prevention of disease and personal wellness.
 - healthy food choices, variety and moderation, major nutrients, where on MyPlate specific nutrients are found
- 1.3 explain how proper nutrition affects the interaction of body systems.
- 1.4a describe how family, peers and environment influence nutritional status and nutrition behaviors.
 - food choices

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

- 3.1 explain the importance of assuming responsibility for eating behaviors
- 3.4 demonstrate nutrition strategies to improve or maintain personal and family health
 - food preparation

Standard 4: Students will analyze the influence of culture, media, technology and other factors on health.

- 4.1 describe the influence of cultural beliefs and cultural diversity with respect to nutritional differences and behaviors
- 4.2 analyze how positive and negative messages from media and other resources influence nutrition behaviors, such as the selection of food

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

- 5.2 demonstrate choosing healthy foods in a social context
- 5.3 communicate food preferences in a health-enhancing way



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

6.2 analyze how nutrition-related decisions are influenced by individuals, peers, family or community values

6.4 apply nutrition strategies to personal eating pattern to attain personal health goal

- nutritional value of food

Standard 7: Students will demonstrate the ability to advocate for personal, family, community and environmental health.

7.4 influence and support others in making positive nutrition choices

7.5 work cooperatively when advocating for nutrition-related health issues concerning individuals, family and schools