Subunit Learners Outcomes

Subunit one: Defining Healthy Food

* Students will define healthy food concepts and definitions.
* Students will develop understanding of the importance of healthy food.
* Students will recognize that keeping their bodies healthy is good to build strong, healthy lifestyle.
* Students will understand the importance of eating different kinds of food.

Subunit two: The Pyramid

* Students will define the meaning of the pyramid.
* Students will identify the five groups of the pyramid, which are grains, vegetables, fruits, milk, and meat and beans.
* Students will demonstrate the component of each group; they will identify the serving amount of each group of food per day.
* Students will be able to understand and analyze the purpose of triangle shape, which is eating a lot from larger categories and less food from smaller categories.
* Students will recognize the importance of avoiding unhealthy food.
* Students will understand the using of fat, which we need a certain amount of it.

Subunit three: Eating by Color

* Students will define grouping of food based on colors, which are red, green, yellow and orange, and purple and blue.
* Students will recognize the benefits of each color.
* Students will identify the sources of each color.

Subunit four: Labels

* Students will define the meaning of labels.
* Students will understand the importance of looking at labels for each product.
* Students will demonstrate understanding the benefits of labels, which is knowing the percentage of calories, sugar, and fat.
* Students will analyze the ingredients before eating products.
* Students will demonstrate understanding of choosing healthy food.

Subunit five: Healthy Habits

* Students will recognize some healthy habits, like eating a healthy breakfast every day, washing their hands before eating, and doing exercises every day.
* Students will be able to apply some good health habits in their daily lives.
* Students will identify and recognize the importance of healthy habits.
* Students will be able to introduce healthy habits.
* Students will determine to change bad habits for better health.
* Students will be able to choose healthy snacks.
* Students will determine healthy food based on what they have learned from labels.

Subunit six: Prevention

* Students will understand the importance of doing activities to build strong bones and muscles.
* Students will be knowledgeable to keep food safe from germs by washing their hands, and washing fruits and vegetables before eating.
* Students will be able to save their bodies from diseases by eating healthy food.
* Students will identify differences between healthy food and unhealthy food.
* Students will understand the causes of obesity and diseases like eating a lot of sugar and fat will harm their health.