Section 4

Purpose

Section 4 explains macronutrients and how they are broken down through the process of digestion. Students will have a chance to practice reading labels and figuring out calories from different types of macronutrients using an interactive calculator. This Section explains how carbohydrate, a macronutrient, turns into glucose and affects the blood glucose response. The role of sugar in a healthy diet is also discussed.

Standards Addressed in this Section

Physical Development and Health

Physical Development and Health

Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.

a. Explain the basic principles of health promotion, illness prevention and safety.

b. Describe and explain the factors that influence health among individuals, groups and communities.

c. Explain how the environment can affect health.

Goal 23: Understand human body systems and factors that influence growth and development.

Science

Goal 12: Understand the fundamental concepts, principles and interconnections of life, physical and earth/space sciences.

Mathematics

Goal 6: Demonstrate and apply a knowledge and sense of numbers, including numeration and operations (addition, subtraction, multiplication, division) patterns, ratios and proportions.

Goal 7: Estimate, make and use measurement of objects, quantities and relationships and determine acceptable levels of accuracy.
**Language Arts**

Goal 1.A.ECa: Understand that pictures and symbols have meaning and that print carries a message.

Goal 1.C.ECb: Respond to simple questions about reading material.

Goal 2.B.EC: Show independent interest in reading related activities.

Goal 4.A.EC: Listen with understanding and respond to directions and conversations.

**Social and Emotional Development**

Goal 31.A.ECd: Show some initiative and independence in actions.

Goal 32.A.ECd: Use classroom environment purposefully and respectfully.

Goal 32.B.ECd: Develop relationship with children and adults.