Section 5

Purpose

Section 5 describes the concept of organizing foods into groups as a way to watch what you eat and includes information on serving sizes.

Standards Addressed in this Section

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.

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.