



## **GET IT GOING WITH GOYA®** A Student Nutrition Program for Grades 4 - 6

This program meets the following National Health Education Standards\*:

### **Activity 1: What's on Your Plate?**

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

*Grades 4 & 5*

1.5.1 Describe the relationship between healthy behaviors and personal health.

*Grade 6*

1.8.1 Analyze the relationship between healthy behaviors and personal health.

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

*Grades 4 & 5*

6.5.1 Set a personal health goal and track progress toward its achievement.

6.5.2 Identify resources to assist in achieving a personal health goal.

*Grade 6*

6.8.1 Assess personal health practices.

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.

6.8.3 Apply strategies and skills needed to attain a personal health goal.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

*Grades 4 & 5*

7.5.1 Identify responsible personal health behaviors.

7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

*Grade 6*

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

### **Activity 2: It's on the Label**

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

*Grades 4 & 5*

5.5.1 Identify health-related situations that might require a thoughtful decision.

5.5.5 Choose a healthy option when making a decision.

*Grade 6*

5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.

### **Activity 3: Beans Build a Body**

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

*Grades 4 & 5*

1.5.1 Describe the relationship between healthy behaviors and personal health.

*Grade 6*

1.8.1 Analyze the relationship between healthy behaviors and personal health.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

*Grades 4 & 5*

5.5.1 Identify health-related situations that might require a thoughtful decision.

5.5.5 Choose a healthy option when making a decision.

*Grade 6*

5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.

### **Poster: Get it Going with GOYA®**

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

*Grades 4 & 5*

6.5.1 Set a personal health goal and track progress toward its achievement.

6.5.2 Identify resources to assist in achieving a personal health goal.

*Grade 6*

6.8.1 Assess personal health practices.

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.

6.8.3 Apply strategies and skills needed to attain a personal health goal.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

*Grades 4 & 5*

7.5.1 Identify responsible personal health behaviors.

7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

*Grade 6*

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

\*Source: <http://cdc.gov/healthyyouth/sher/standards/index.htm>