Appendix A: Essential Healthy Eating and Physical Activity Topics in Health Education

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| **Grade Level** | **Essential Healthy Eating Topics** | **Essential Physical Activity Topics** |
| K – 2 | MyPlate  Meals and Snacks  Valid Information  Food Safety  Breakfast  Social Influences  Eating Goals  Advocating for Others to Eat Healthfully | Benefits of Physical Activity  Health-Related Fitness  Decreasing Sedentary Activities  Social Influences on Physical Activity |
| 3 – 5 | MyPlate  Fruits/Vegetables/Whole Grains  Fats  Added sugars  Calcium  Meals and Snacks  Valid Information  Breakfast  Peer Pressure  Food Safety  Water  Breakfast  Sodium  Social Influences  Eating Goals  Advocating for Others to Eat Healthfully | Benefits of Physical Activity  Health-Related Fitness  Decreasing Sedentary Activities  Social Influences on Physical Activity  Physical Activity and Weight  Physical Activity and Academics  Phases of Exercise Sessions  Opportunities for Community Physical Activity  Valid Information on Physical Activity Services  Personal Physical Activity Goals  Physical Activity Advocacy  Resisting Peer Pressure that Discourages Physical Activity |
| 6 – 8 | Disease Prevention  MyPlate  Labels  Variety  Fruits/Vegetables/Whoe Grains  Fats  Added Sugars  Calcium  Meals and Snacks  Peer Pressure  Body Size  Water  Breakfast  Eating Out  Eating Disorders  Dietary Guidelines  Eating Goals  Advocating for Others to Eat Healthfully | Benefits of Physical Activity  Health-Related Fitness  Decreasing Sedentary Activities  Social Influences on Physical Activity  Physical Activity and Weight  Physical Activity and Academics  Differences between Physical Activity/Exercise/Fitness  Phases of Exercise Sessions  Opportunities for Community Physical Activity  Injury Prevention  Weather-Related Safety  Valid Information on Physical Activity Services  Personal Physical Activity Goals  Physical Activities Advocacy  Resisting Peer Pressure that Discourages Physical Activity |
| 9 – 12 | Disease Prevention  Labels  Energy In/Out  Peer Pressure  Weight Control Practices  Body Size  Food Safety  Breakfast  Eating Out  Eating Disorders  Dietary Guidelines  Eating Goals  Advocating for Others to Eat Healthfully | Benefits of Physical Activity  Health-Related Fitness  Decreasing Sedentary Activities  Physical Activity and Academics  Inactive Lifestyle and Chronic Disease  Phases of Exercise Sessions  Overcoming Barriers to Physical Activity  Opportunities for Community Physical Activity  Injury Prevention  Weather-Related Safety  Valid Information on Physical Activity Services  Personal Physical Activity Goals  Physical Activity Advocacy  Resisting Peer Pressure that Discourages Physical Activity |

Source: Model Local School Wellness Policy, Policy Guidance; Alliance for a Healthier Generation; June 2020