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 SnacksValid Information Food SafetyBreakfastSocial InfluencesEating GoalsAdvocating for Others to Eat Healthfully | Benefits of Physical ActivityHealth-Related FitnessDecreasing Sedentary ActivitiesSocial Influences on Physical Activity |
| 3 – 5 | MyPlateFruits/Vegetables/Whole GrainsFatsAdded sugarsCalciumMeals and SnacksValid InformationBreakfastPeer PressureFood SafetyWaterBreakfastSodiumSocial InfluencesEating GoalsAdvocating for Others to Eat Healthfully | Benefits of Physical ActivityHealth-Related FitnessDecreasing Sedentary ActivitiesSocial Influences on Physical ActivityPhysical Activity and WeightPhysical Activity and AcademicsPhases of Exercise SessionsOpportunities for Community Physical ActivityValid Information on Physical Activity ServicesPersonal Physical Activity GoalsPhysical Activity AdvocacyResisting Peer Pressure that Discourages Physical Activity  |
| 6 – 8  | Disease PreventionMyPlateLabelsVarietyFruits/Vegetables/Whoe GrainsFatsAdded Sugars CalciumMeals and SnacksPeer PressureBody Size WaterBreakfastEating OutEating DisordersDietary GuidelinesEating GoalsAdvocating for Others to Eat Healthfully | Benefits of Physical ActivityHealth-Related FitnessDecreasing Sedentary ActivitiesSocial Influences on Physical ActivityPhysical Activity and WeightPhysical Activity and AcademicsDifferences between Physical Activity/Exercise/FitnessPhases of Exercise SessionsOpportunities for Community Physical ActivityInjury PreventionWeather-Related SafetyValid Information on Physical Activity ServicesPersonal Physical Activity GoalsPhysical Activities AdvocacyResisting Peer Pressure that Discourages Physical Activity |
| 9 – 12 | Disease PreventionLabelsEnergy In/OutPeer PressureWeight Control PracticesBody Size Food SafetyBreakfastEating OutEating DisordersDietary GuidelinesEating GoalsAdvocating for Others to Eat Healthfully | Benefits of Physical ActivityHealth-Related FitnessDecreasing Sedentary ActivitiesPhysical Activity and AcademicsInactive Lifestyle and Chronic DiseasePhases of Exercise SessionsOvercoming Barriers to Physical ActivityOpportunities for Community Physical Activity Injury PreventionWeather-Related SafetyValid Information on Physical Activity ServicesPersonal Physical Activity GoalsPhysical Activity AdvocacyResisting Peer Pressure that Discourages Physical Activity |

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