

### Overall Learning Objectives

By the end of Level 2, students should be secure with the following concepts:

1. Go Foods provide long lasting energy, keeps our minds sharp and keep our bodies healthy. Go Foods taste good and are eaten every day. Slow Foods may first provide quick energy, but make us feel tired and are generally not as healthy for our bodies. Slow Foods are once in a while foods. Students will be able to distinguish between Go and Slow Foods and identify ways of incorporating more Go Foods into their diets.
2. Everyone needs to eat at least two fruits and three vegetables every day in order to get the nutrients the body needs to stay healthy. Half the plate should be filled with fruits and vegetables. We should eat a rainbow of fruits and vegetables in order to get a variety of vitamins, minerals and phytochemicals.
3. Build lunches and snacks with great tasting Go Foods using MyPlate as a guide. Students are able to substitute or enhance Slow Foods with Go Foods and know that if all food groups are not met during a meal, what is left out can be eaten as a snack.
4. Students know the five food groups, how they help the body and are able to give examples of foods in each group.
5. The type of food we eat, the amount of sleep we get, how much water we drink and the amount of physical activity we get all impact the way we feel.
6. Water is the best choice for rehydrating when thirsty.
7. Energy in equals energy out. The body self regulates by making us feel hungry when we need more fuel. Strive to eat to satisfaction: not too full and not hungry is ideal.
8. To stay healthy, do physical activities that get your heart pumping or engage your muscles for at least 60 minutes every day. It is important to exercise your heart (cardiovascular exercise) and muscles (strength exercises) and to stay loose (flexibility exercises). Yoga is a good stretching exercise that is calming and promotes restful sleep. Students can identify activities they enjoy that get them moving and ways of promoting good sleep.