



Food, Farming, and Fun - Objectives

Grades: 4-5

45 minutes

In-House, Outreach, Distance Learning, E-Learning

Upon completion of this program the student will be able to:

1. Identify the 5 healthy food groups and the main nutrient each food group provides.
2. Identify the 6 major nutrients.
3. List the major function of each nutrient.
4. Explain the concept of foods having varying nutrient densities.
5. Identify the 5 steps in the farm to table process.
6. Match different meat products to the animal they come from.
7. Match different plants that people eat to the plant parts they come from.

Standards Alignment

US National Health Education Standards

1, 3, 4, 5, 7

Indiana Academic Standards for Health and Wellness

5.1.1, 5.1.4, 5.3.1, 5.3.2, 5.4.1, 5.4.2, 5.4.66, 5.5.1, 5.5.2, 5.5.3, 5.5.6, 5.7.1, 5.7.2,

Indiana Social-Emotional Learning Competencies