Nutrition To Grow On: Standards and Competencies

Nutrition To Grow On was published before the creation of Common Core State Standards and Next Generation Science Standards. NTGO remains a widely used curriculum that supports stakeholder efforts in bringing garden-enhanced nutrition education to schools throughout the country.

How to Use these Standards:

Nutrition To Grow On lessons were designed to be implemented sequentially or individually. Additional activities in each lesson allow the instructor to modify the lesson to suit the needs of the audience. As currently listed below, these require the curriculum to be implemented as a whole in order for the standard to be met.

If a standard is marked with a **filled in circle (•)**, it indicates that at least one of the lessons listed fully fulfills the standard. This includes only lesson activities and not additional activities, which may provide further application for the standard.

If a standard is marked with an **open circle (o)**, it means that the lessons could meet the standard with some modification to suit the grade level. Specifically, lessons that are yellow typically have additional activities or lesson activities that can meet the standard with minor modifications.

Future Updates to Standards:

At this time, the UC Davis Department of Nutrition Center for Nutrition in Schools is working to develop a new template for curriculum standards. This template will take in to consideration each individual lesson's compliance with standards rather than the curriculum as a whole. We appreciate your patience as these templates are developed.

Next Generation Science Standards Supported														
	Modules	K	1	2	3	4	5	6	7	8	9	10	11	12
LS1: From Molecules to Organisms: Structures and Processes	1, 2, 3, 4, 5, 6, 7	•	•		0	0	•		0					
LS2: Ecosystems: Interactions, Energy and Dynamics	1, 2, 3, 6, 7			•			0		0					
LS3: Heredity: Inheritance and Variation of Traits														
LS4: Biological Evolution: Unity and Diversity	4			•										
PS1: Matter and its Interactions														
PS2: Motion and Stability: Forces and Interactions														
PS3: Energy	1, 2, 3	0					0							
PS4: Waves and their Applications in Technology for Information Transfer														
ESS1: Earth's Place in the Universe														
ESS2: Earth's Systems	1, 3	0			0									
ESS3: Earth and Human Activity	1, 2, 3, 5	0												
ETS1: Engineering Design	3	0	0	0										

Common Core State Standards in English Langu	age Arts Supported													
	Modules	K	1	2	3	4	5	6	7	8	9	10	11	12
Reading Standards for Literature		•		•	•					•				
Key Ideas and Details														
Craft and Structure														
Range of Reading and Level of Text Complexity														
Reading Standards for Informational Text														
Key Ideas and Details	1			0	0	0	0							
Craft and Structure	1, 6				0	0	0							
Integration of Knowledge and Ideas	1, 6						0							
Range of Reading and Level of Text Complexity														
Reading Standards: Foundational Skills														
Print Concepts														
Phonological Awareness														
Phonics and Work Recognition														
Fluency														
Writing Standards														
Text Types and Purposes	1, 2, 6	0	0	0	0	0	0							
Production and Distribution of Writing	1, 2, 6		0	0	0	0	0	0	0	0				
Research to Build and Present Knowledge	1, 6	0	0	0	0	0	0				0	0	0	0
Range of Writing	2, 7, 9			0	0	0	0	0	0	0	0	0	0	0
Speaking and Listening Standards														
Comprehension and Collaboration	1, 2, 3, 4, 5, 6, 7, 8, 9	•	•	•	•	•	•	•	•	•	0	0	0	0
Presentation of Knowledge and Ideas	1, 2, 6	0	0	0	0	0	0	0						
Language Standards														
Conventions of Standard English														
Knowledge of Language														
Vocabulary Acquisition and Use					<u> </u>								<u> </u>	

Common Core State Standards Supported in His	story/Social Studies, Scien	ce, ar	nd Ted	hnica	l Sub	jects (6-12	
	Modules	6	7	8	9	10	11	12
Reading Standards for Literacy in History/Socia	Studies							
Key Ideas and Details								
Craft and Structure								
Integration of Knowledge and Ideas								
Range of Reading and Level of Text Complexity								
Reading Standards for Literacy in Science and T	echnical Subjects							
Key Ideas and Details	2, 5	0	0	0	0	0	0	0
Craft and Structure								
Integration of Knowledge and Ideas								
Range of Reading and Level of Text Complexity								
Writing Standards for Literacy in History/Social	Studies, Science, and Tech	nical	Subje	ects				
Text Types and Purposes								
Production and Distribution of Writing								
Research to Build and Present Knowledge	1	0	0	0	0	0	0	0
Range of Writing	1, 2	0	0	0	0	0	0	0

Common Core Standards in Mathematics														
	Modules	K	1	2	3	4	5	6	7	8	9	10	11	12
Counting and Cardinality	1, 3, 5, 6	0												
Operations and Algebraic Thinking	4, 5, 6	0	•	•	•	•								
Number and Operations in Base Ten	5, 6		•	•	•	•								
Number and Operations - Fractions	4, 5, 9				•	•	•							
Measurement and Data	1, 3, 4, 5, 6, 9	0	•	•	•	•	•							
Geometry	4		•	•	•									
Ratios and Proportional Relationships														
The Number System	4							•	•					
Statistics and Probability														
Number and Quantity	•	.				•	•			·				
Quantities														

	Modules	K	1	2	3	4	5	6	7	8	9	10	11	12
1. Overarching Nutrition Competency: Essentia health	al Nutrition Concepts – All	youth	will	know	the r	elatio	nship	s am	ong n	utriti	on, p	hysiol	ogy, a	and
1a. Know the six nutrient groups and the functions.	1, 2, 3, 4, 5	•	•	•	•	•	•	•	•	•				
1b. Know nutrition and health guidelines.	2, 3, 4, 5, 6, 8, 9	•	•	•	•	•	•	•			•	•	•	•
1c. Know factors affecting energy balance.	3, 5, 6,	•	•	•	•	•	•	•	0	0				
1d. Describe how nutritional needs vary throughout the life cycle.														
1e. Identify the physiological processes in digestion, absorption, and metabolism of nutrients.	1, 2, 3, 9	0	•	•										
1f. Explain the influence of nutrition and physical activity on health.	2, 3, 4, 5, 6, 9	•	•	•	•	•	0	0						
1g. Know principles of handling (growing, harvesting, transporting, processing, storing, and preparing) foods for optimal food quality and safety.	3, 4, 9	0	0	0	•	•	0	0						
1h. Consider the interactions among nutrition science, ecosystems, agriculture, and social systems that affect health, including local, national, and global perspectives.	1	•	0	0										
2. Overarching Nutrition Competency: Analyzin	g Nutrition Influence				-									
All youth will demonstrate the ability to analyze internal and external factors influencing food choices and health outcomes.	1, 8	•	•	•	•	•	•	•	0	0				
3. Overarching Nutrition Competency: Accessin	g Valid Nutrition Informat	ion		•		•	•				1	•		
All youth will demonstrate the ability to access and analyze nutrition information, products, and services to analyze the accuracy and validity of nutrition claims.	3, 4, 5, 8	•	0	0	•	•	•	•			0	0	0	0

4. Overarching Nutrition Competency: Interpers	sonal Communication abou	ıt Nut	rition											
All youth will demonstrate the ability to use	4, 6				0	0	0	0	0	0				
interpersonal communication skills to optimize														
food choices and health outcomes.														
5. Overarching Nutrition Competency: Decision Making for Nutrition Choices														
All youth will demonstrate the ability to use	1, 3, 4, 5, 6	•	0	0	0	0	0	0	0	0				
decision-making skills to optimize food choices														
and health outcomes.														
6. Overarching Nutrition Competency: Goal Set	ting for Nutrition													
All youth will demonstrate the ability to use	4, 6, 7	0	•			•	0	0	0	0	0	0	0	0
goal-setting skills to enhance nutrition and														
health.														
7. Overarching Nutrition Competency: Practicin	g Nutrition-Enhancing Beh	avior	5											
All youth will demonstrate the ability to	3, 4, 5, 6, 7, 9	0	0	0				•						
practice nutrition-related behaviors that														
reduce risk and promote health.														
8. Overarching Nutrition Competency: Nutrition	Promotion		•	•	•	•			•	•		•		
All youth will demonstrate the ability to	3, 5, 6, 9	0			0	0	0	0	0	0				
promote and support a sustainable, nutritious														
food supply and healthy lifestyles for families														
and communities.														<u> </u>