

# CALIFORNIA NUTRITION EDUCATION COMPETENCIES SUPPORTED

	Cooking Demonstration	K	1	2	3	4	5	6	7	8	9	10	11	12
<b>1. Overarching Nutrition Competency: Essential Nutrition Concepts - All students will know the relationships among nutrition, physiology, and health.</b>														
1a. Know the six nutrient groups and the functions.	1, 2		●	●	●	●	●	●	●	●	●	●	●	●
1b. Know nutrition and health guidelines.	1, 2, 3	●	●	●	●	●	●	●	●	●	●	●	●	●
1c. Know factors affecting energy balance.	5						●	●	●	●				
1e. Identify the physiological processes in digestion, absorption, and metabolism of nutrients.	1, 2, 3, 4, 5	●	●	●				●	●	●				
1f. Explain the influence of nutrition and physical activity on health.	1, 2, 3, 4, 5	●	●	●	●	●	●	●	●	●				
1g. Know principles of handling (growing, harvesting, transporting, processing, storing, and preparing) foods for optimal food quality and safety.	1, 2, 3, 4, 5	●	●	●	●	●	●	●	●	●	●	●	●	●
1h. Consider the interactions among nutrition science, ecosystems, agriculture, and social systems that affect health, including local, national, and global perspectives.	1, 2, 3, 4, 5	●			●	●	●	●	●	●	●	●	●	●
<b>2. Overarching Nutrition Competency: Analyzing Nutrition Influences</b>														
All students will demonstrate the ability to analyze internal and external factors influencing food choices and health outcomes.	1, 2, 3, 4, 5	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>3. Overarching Nutrition Competency: Accessing Valid Nutrition Information</b>														
All students will demonstrate the ability to access and analyze nutrition information, products, and services to analyze the accuracy and validity of nutrition claims.	5	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>4. Overarching Nutrition Competency: Interpersonal Communication about Nutrition</b>														
All students will demonstrate the ability to use interpersonal communication skills to optimize food choices and health outcomes.	1, 2, 3, 4, 5	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>5. Overarching Nutrition Competency: Decision Making for Nutrition Choices</b>														
All students will demonstrate the ability to use decision-making skills to optimize food choices and health outcomes.	1, 2, 3, 4, 5	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>6. Overarching Nutrition Competency: Goal Setting for Nutrition</b>														
All students will demonstrate the ability to use goal-setting skills to enhance nutrition and health.	1, 2, 3, 4, 5	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>7. Overarching Nutrition Competency: Practicing Nutrition-Enhancing Behaviors</b>														
All students will demonstrate the ability to practice nutrition-related behaviors that reduce risk and promote health.	1, 2, 3, 4, 5	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>8. Overarching Nutrition Competency: Nutrition Promotion</b>														
All students will demonstrate the ability to promote and support a sustainable, nutritious food supply and healthy lifestyles for families and communities.	1, 2, 3, 4, 5	●	●	●	●	●	●	●	●	●	●	●	●	●

- Supports standard for grade level
- Can be adapted to support standard for grade level