



Curriculum & Guidelines

Each grade-level series in the DINE elementary school curriculum consists of **3-5 main lessons** which include a short lesson, games/activities, a taste test, and a corresponding parent handout. Additionally, each class may have **1 or 2 COOKING EXPERIENCES** (time permitting).

NC HEALTHFUL LIVING STANDARDS	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5
3RD GRADE 3.NPA.1 3.NPA.2	HEALTHY BODIES Students learn about habits that contribute to a healthy body and mind.	MYPLATE TRIVIA REVIEW (OPTIONAL LESSON) Students review MyPlate's five healthy food groups and assemble a snack.	BALANCED BREAKFASTS Students learn why breakfast is important for their bodies and discover creative ideas for eating a healthy breakfast.	PLANT PARTS WE EAT Students learn about the functions of different plant parts and explore foods corresponding with different parts of plants.	
4TH GRADE 4.NPA.1 4.NPA.2	HEALTHY BODIES Students learn about habits that contribute to a healthy body and mind.	FOOD GROUPS & NUTRIENTS Students review MyPlate and the five food groups. They also learn the primary nutrients from these food groups and how they are essential to health.	WHOLE FOODS Students learn how to identify whole foods and discuss that whole foods have more nutrients. They will also contrast whole vs. highly processed foods.	WHAT'S IN OUR DRINKS Students learn how to identify healthy drink choices, with an emphasis on water. They will also learn to distinguish natural sugar versus added sugar.	BALANCED MEALS Students learn to use MyPlate's five food groups to create balanced meals.
5TH GRADE 5.NPA.1 5.NPA.2 5.NPA.3	THE BALANCING ACT Students explore the concepts of a balanced diet- eating from all five food groups throughout the day - and mindful eating.	DIGESTION & HEALTHY BODIES Students learn about the digestive system and its role in providing nutrients for maintaining a healthy body.	MY PLATE MY PLANET Students explore where food comes from, how it gets to our plates, and how our food choices affect both our bodies' health and the Earth's.	BALANCED MEALS - TAKE OUT/DINE OUT (OPTIONAL LESSON) Students explore using MyPlate's five food groups to choose healthy drinks and balanced meals when dining out.	FOOD AROUND THE WORLD: WHY WE EAT WHAT WE EAT (OPTIONAL LESSON) Students recognize and provide reasons why people around the world eat different foods.