

## 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 (○)**, 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.





<b>Common Core State Standards Supported in History/Social Studies, Science, and Technical Subjects 6-12</b>								
	Modules	6	7	8	9	10	11	12
<b>Reading Standards for Literacy in History/Social Studies</b>								
Key Ideas and Details								
Craft and Structure								
Integration of Knowledge and Ideas								
Range of Reading and Level of Text Complexity								
<b>Reading Standards for Literacy in Science and Technical Subjects</b>								
Key Ideas and Details	2, 5	○	○	○	○	○	○	○
Craft and Structure								
Integration of Knowledge and Ideas								
Range of Reading and Level of Text Complexity								
<b>Writing Standards for Literacy in History/Social Studies, Science, and Technical Subjects</b>								
Text Types and Purposes								
Production and Distribution of Writing								
Research to Build and Present Knowledge	1	○	○	○	○	○	○	○
Range of Writing	1, 2	○	○	○	○	○	○	○



Nutrition Education Competencies Supported														
	Modules	K	1	2	3	4	5	6	7	8	9	10	11	12
<b>1. Overarching Nutrition Competency: Essential Nutrition Concepts – All youth will know the relationships among nutrition, physiology, and health</b>														
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,	●	●	●	●	●	●	●	○	○				
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	○	●	●										
1f. Explain the influence of nutrition and physical activity on health.	2, 3, 4, 5, 6, 9	●	●	●	●	●	○	○						
1g. Know principles of handling (growing, harvesting, transporting, processing, storing, and preparing) foods for optimal food quality and safety.	3, 4, 9	○	○	○	●	●	○	○						
1h. Consider the interactions among nutrition science, ecosystems, agriculture, and social systems that affect health, including local, national, and global perspectives.	1	●	○	○										
<b>2. Overarching Nutrition Competency: Analyzing Nutrition Influence</b>														
All youth will demonstrate the ability to analyze internal and external factors influencing food choices and health outcomes.	1, 8	●	●	●	●	●	●	●	○	○				
<b>3. Overarching Nutrition Competency: Accessing Valid Nutrition Information</b>														
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	●	○	○	●	●	●	●			○	○	○	○

