



3rd Grade Nutrition Unit

Unit Benchmarks

The food pyramid provides guidelines for a healthy diet. It outlines the daily-recommended servings of each food group (grains, milk, fruits, vegetables, meat & beans, and oils). Following the recommendations helps maintain a balanced diet and healthy weight.*

Food labels contain information on serving size, servings per container, calories, and nutrients in foods. The information is useful for making healthy food choices.*

Health requires a balanced diet, exercise, and adequate sleep.*

Science changes as new information becomes available.

*The Nutrition Unit benchmarks were created by Northbrook School District 27.

