



## Building MyBody (3<sup>rd</sup> grade) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
<b>1-Getting to Know MyPyramid</b> <ul style="list-style-type: none"> <li>Students identify the 6 essential nutrients and their functions. They plan a meal using foods from all the food groups.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A3*, ME2E3*
	Physical Education	
<b>2-Carbohydrates</b> <ul style="list-style-type: none"> <li>Students use the food label to select healthy foods with carbohydrates and try a new carbohydrate food. Students also recognize three components of health-related fitness and the benefits of activity.</li> </ul>	Communication Arts	
	Mathematics	N3B3, N2A3
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1D3, ME2A3*, ME2C3, ME4A4
	Physical Education	PA1A3b, PA1C3
<b>3-Proteins and Fat</b> <ul style="list-style-type: none"> <li>Students identify the functions and sources of protein and fat. They use the fat content of foods to select a fast food meal. They identify the effect of fat and activity on the heart and participate in an aerobic activity.</li> </ul>	Communication Arts	
	Mathematics	N3C3
	Science	
	Social Studies	
	Fine Arts	
	Health	FS1E3a, FS1E3b, ME2A3*, ME2E3, ME2C3
	Physical Education	PA1C3
<b>4-Vitamins, Minerals and Water</b> <ul style="list-style-type: none"> <li>Students identify the functions and sources of calcium and vitamins A and C. They taste foods high in calcium, vitamins A and C. They participate in bone-building activities.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A3*, ME2C3
	Physical Education	
<b>5-Digestion</b> <ul style="list-style-type: none"> <li>Students identify the major components and functions of the digestive system. They recognize body cues and how to respond to them in a healthy way.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	FS1H3
	Physical Education	PA1C3

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<b>6-The Truth About Advertising</b> <ul style="list-style-type: none"> <li>Students identify advertising techniques and recognize that ads persuade, inform and entertain. Students recognize that advertising can influence self-image.</li> </ul>	Communication Arts	L1A3, L1B3, IL2A3
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2B3
	Physical Education	PA2A3
<b>7-Delicious Decisions</b> <ul style="list-style-type: none"> <li>Students identify the five steps of decision-making to make healthy food choices. They use nutrition facts labels to make healthy drink choices.</li> </ul>	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1D3, ME2C3, ME4A3
	Physical Education	PA1A3a

\*GLE is met when Lessons 1-4 are all taught

Running out of money for food? Contact your local Food Stamp office or go to [www.dss.mo.gov/fsd/fstamp](http://www.dss.mo.gov/fsd/fstamp) For more information call MU Extension's Show-Me Nutrition Line at 1-888-515-0016.



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