Adventures in Nutrition with the Show Me Chef
Kindergarten Health and Physical Education Show-Me Standards and
Grade Level Expectations for Communications Arts and Math

Students practice new skills such as tasting healthy foods, washing their hands and having fun moving their bodies. There is also a family newsletter that can be reproduced and sent home to help families make healthy choices.

Lesson 1-Land of the Germbusters
Students go on their first adventure to the Land of the Germbusters. The emphasis is on sanitary practices such as washing hands for an appropriate length of time. They meet Fight BAC puppet BAC (Show-Me Standard IIIA: 4a). Students develop vocabulary by listening to and discussing unknown words in stories (Communication Arts). Students classify items according to their attributes (Math).

Lesson 2-Show Me Chef Introduces MyPyramid
Show Me Chef introduces students to MyPyramid and reads The Very Hungry Caterpillar. The students taste a variety of healthy and delicious foods from each of the food groups (Show-Me Standard IIB: 1a). During read-alouds students develop and use with assistance, strategies to infer, predict and check using cueing systems (Communication Arts).

Lesson 3-Land of the Farmers
Show Me Chef reads The Little Red Hen and the students learn how to make bread. They also learn that grain foods give the body energy (Show-Me Standard IIB: 2a). Students develop post reading skills to respond to text (Communication Arts).

Lesson 4-Land of Rabbits
Show Me Chef reads Rabbit Food and takes the students to the Land of the Rabbits, where they meet John Rabbit and Uncle Bunny. Uncle Bunny learns that trying new foods is fun and students learn that vegetables help us see in the dark. Students taste vegetables with Bunny Dip (Show-Me Standard II B: 2a). Students identify story elements (Communication Arts). Students recognize three dimensional geometric vegetable shapes (Math).

Lesson 5-Land of Rainbows
Show Me Chef takes the students to the Land of Rainbows, where they meet Happy the Leprechaun and learn that fruits come in every color of the rainbow. They learn that fruit helps heal cuts (Show-Me Standard IIB: 2a). Students demonstrate listening behaviors with teacher assistance (Communication Arts).

Lesson 6-Outer Space
Show Me Chef takes the students into outer space, where they learn about different milk foods and how milk helps keep bones strong and healthy. Students are physically active while they learn the “Astronaut Training Song” (Show-Me Standard IIB: 1a, 2a).
Students respond to rhythm, rhyme and alliteration in oral reading of poetry (Communication Arts). Students describe, name, and interpret relative positions in space during the star gazing activity (Math).

**Lesson 7-Land of Green Eggs and Ham**  
Show Me Chef reads *Green Eggs and Ham*. The students taste green eggs and ham and learn that it’s fun to try new foods. They learn about many foods from the Meat & Beans Group and the importance of washing hands after touching raw eggs is stressed (Show-Me Standard IIB: 1a, 2a). Students make connections between text ideas and own experiences (Communication Arts). Students recognize geometric shapes in the Mystery Food activity (Math).

**Lesson 8-Adventures in Healthy Eating**  
Students learn that healthy foods come in all sizes and shapes as they review food groups by having a tasting party and a healthy foods treasure hunt (Show-Me Standard IIB: 1b, 2a). Students follow a writing process to generate a draft through pictures and words (Communication Arts). Students sort items according to their attributes (Math).

**Lesson 9-Brushing and Flossing**  
Show Me Chef shows the students how to keep their smiles healthy by brushing and flossing regularly (Show-Me Standard IIA: 1a, 3a). Students respond to the text by answering questions (Communication Arts).

10/06

Material funded in part by USDA’s Food Stamp Program  
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