

Show Me Nutrition Curriculum Supports A Healthy Weight for Kids

The Show-Me-Nutrition curriculum taught by educators with the Family Nutrition Education Programs of the University of Missouri Extension reinforces behaviors that support a healthy weight for kids such as being more physically active, spending less time watching TV, playing computer and video games, eating a healthy breakfast, eating more fruits and vegetables, drinking less soda and sweetened fruit drinks.

Grade	Title	Focus
Pre-K	Let's Read about Healthy Eating	Gets young children excited about healthy eating and reading. Each lesson includes reading a book, physical activity and opportunities for tasting a variety of healthy foods.
K	Adventures in Nutrition with the Show-Me Chef	Students practice new skills such as tasting healthy foods, washing their hands and having fun moving their bodies.
1 st	Fun with Food and Fitness	Students are introduced to MyPyramid for Kids and learn that they need to eat a variety of foods from the five major food groups to grow and stay healthy. They learn the difference between commercials and regular TV programming so they can begin to understand how ads influence food choices. Students are introduced to MyActivity Pyramid and physical activity.
2 nd	Building MyPyramid	Students learn that eating a variety of healthy foods from MyPyramid for Kids + being active = good health. To help them build a healthy body image, they learn that healthy bodies come in all sizes and shapes. Students become "ad-busters" by learning about techniques advertisers use to persuade consumers to buy food. Students used MyActivity Pyramid and MyActivity Log to track time spent being active.
3 rd	Building MyBody	Students use the MyPyramid for Kids to plan and choose meals from all the food groups. They are encouraged to start the day with breakfast. They learn to pay attention to body cues to help them know when they have eaten and exercised enough. Students use the MyActivity Pyramid and MyActivity Log to incorporate activity into their daily lives.
4 th	Choosing Foods for Me	Students learn the recommended amounts of food to eat from MyPyramid for Kids daily. They use food labels to make healthy food choices, and how to make healthy choices when eating out.. They analyze how social influences like family, media, peers and coaches affect body image and learn that physical activity is part of a healthy lifestyle. Students use the MyActivity Pyramid and MyActivity Log to incorporate activity into their daily lives.
5 th	Exploring MyPyramid	Preteens use MyPyramid for Kids to make healthy choices based on the nutrients in each food group. They learn to use food labels to identify foods high in fat and sugar. They learn the importance of making physical activity part of a healthy lifestyle and developing a positive body image. Students use the MyActivity Pyramid and MyActivity Log to incorporate activity into their daily lives.
6 th	Digging Deeper	Students gain the skills they need to make most of their own food decisions. Appearances are of great concern to preteens, so the importance of physical activity to help them look and feel good is stressed. Students learn that calorie needs are based on age, gender and activity level, and the difference in high nutrient and low nutrient foods.
7 th /8 th	Choices and Challenges	Helps develop critical thinking and decision making skills about important issues like maintaining a healthy body image, the health risks of eating disorders and the advertising tactics used to sell products to teens. Other skills stressed include fitting physical activity into our daily lives, advocating for a community that supports physical activity, making healthy fast food choices, food shopping and healthy cooking.

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