Building MyBody
Third Grade Health and Physical Education Show-Me Standards and
Grade Level Expectations for Communications Arts and Math

Students use the MyPyramid 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. There is also a family newsletter that can be reproduced and sent home to help families
make healthy choices.

Lesson 1: Getting to Know MyPyramid
Students understand the basic principles of nutrition and how nutrition and health are interrelated (Show-Me
Standard IIB: 1a, 1b, 3a). Students listen for directions to complete a task (Communication Arts).

Lesson 2: Cue in on Health
Students identify and discuss personal behaviors that can enhance the health of an individual and reduce the
chances of disease, including balanced nutrition, good posture, moderate exercise, and cleanliness in food
handling. The importance of regular physical activity and balanced nutrition are taught to students as prime
contributors to health maintenance and enhancement (Show-Me Standard IIA: 1a, 2b, IIB: 3a). Students
identify messages conveyed through visual media (Communication Arts).

Lesson 3: Messages from MyPyramid – Variety, Balance and Moderation
Students understand variety, balance and moderation of diet, which will enhance and promote health. They
make informed decisions regarding food choices based on their understanding of variety, balance and
moderation (Show-Me Standard IIB: 2a.). Students speak clearly, stay on topic and use appropriate volume
and pace when sharing their ideas with the class (Communication Arts).

Lesson 4: The Truth about Advertising
Students understand media’s influence on health habits and decisions. They interpret how the media can
influence consumer decisions regarding health practices and products (Show-Me Standard IIC: 1a). Students
classify objects using their characteristics (Math). Students give credit for advertiser’s ideas through images
(Communication Arts).

Lesson 5: Food Safety – Fight Food Poisoning
Students identify and discuss how personal behaviors can enhance health and reduce the risk of disease
(Show-Me Standard IIA: 1a). Students use multiplication and discuss the probability of events (Math).
Students listen to directions to complete a simple task (Communication Arts).

Lesson 6: Steps to a Healthier You
A comprehensive review of the previous five lessons. This lesson reinforces all concepts regarding balanced
nutrition, physical activity, healthy food choices, interpreting the media, and food safety (Show-Me Standard
IIA: 1a, 2b, IIB: 1a, 1b, 3a, IIC: 1a). Students speak clearly, stay on topic, and use appropriate volume and
pace when sharing ideas (Communication Arts).

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