Kids in the Kitchen Level A (Ages 6 to 9)
Correlation of Objectives, State and National Standards

Lesson 1A Summary Objectives: Kitchen Sense
Students determine safety rules for working in the kitchen, recognize unsafe food preparation techniques, wash their hands properly, and prepare a healthy recipe.

- **National Health Education Standard 1** – Performance indicators: 1.2.1 Predict how healthy behaviors can affect health status. 1.2.3 Describe ways to prevent communicable diseases.
- **State of Missouri Health/Physical Education Standards 2.** Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management).
- **Missouri Grade Level Expectations: ME2D1, RA1A2b**
  - (ME) Health Maintenance and Enhancement: (2) Nutrition: (D) Food Handling and Safety; (Grade 1) Illustrate proper food safety procedures (e.g., washing hands, not touching other’s food, double dipping).
  - (RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (A) Communicable vs. Non-Communicable Diseases (grade 1) Define germs, where they are found, and what harm they cause to the body. (Grade 2b) Identify how germs are spread and apply practices which help reduce germs in our community (e.g., cover mouth when sneezing, wash hands).

Lesson 2A Summary Objectives: The Incredible, Edible Five Food Groups
Students identify foods from each of the five food groups. Students prepare healthy snacks while in the kitchen.

- **National Health Education Standard 1, 5 & 7** – Performance indicators: 1.2.1 Predict how healthy behaviors can affect health status. Performance indicator: 5.2.1 Differentiate between situations when a health-related decision can be made individually or when assistance is needed. Performance indicator: Demonstrate healthy practices and behaviors to maintain or improve personal health. Performance indicator: 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- **State of Missouri Health/Physical Education 2.** Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management).
- **Missouri Grade Level Expectations: ME2A2a, ME2B2a**
  - (ME) Health Maintenance and Enhancement: (2) Nutrition: (A) Essential Nutrients and Food Groupings (Grade 2a) Identify healthy food choices (see MyPlate.gov) in each of the five food groups (sorting play food or pictures into food groups) (Grade 2b) Compare and contrast the effects of nutrient-dense and empty-calorie foods on the body (e.g., soda/skim milk, chips/apple; cookies/carrots).

Lesson 3A Summary Objectives: Rice is Nice
Students learn about the grain group, how to measure ingredients correctly and prepare a healthy recipe using whole grains. Students learn safe cooking techniques for the microwave, toaster and conventional oven.

- **National Health Education Standard 1 & 7 - Performance indicators**: 1.2.1 Predict how healthy behaviors can affect health status. Performance indicator: 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- **State of Missouri Health/Physical Education Standards 2.** Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management).
- **Missouri Grade Level Expectations: ME2D1, ME2E1, RA1A2b**
  - (ME) Health Maintenance and Enhancement:: (2) Nutrition: (D) Food Handling and Safety; (Grade 1) Illustrate proper food safety procedures (e.g., washing hands, not touching other’s food, double dipping; (E) Food Energy and Physical Activity; Recognize that food provides the body with fuel (energy) (e.g., importance of eating breakfast).
  - Risk Assessment and Reduction:: (1) Disease Prevention and Control: (A) Communicable vs. Non-Communicable Diseases (Grade 2b) Identify how germs are spread and apply practices which help reduce germs in our community (e.g., cover mouth when sneezing, wash hands).

**Lesson 4: I’ll Eat These Veggies**
Students identify foods from the vegetable group, as well as different parts of the plants that are eaten. Students learn to properly handle knives and pizza cutlery.

- **National Health Education Standard 1 & 7 - Performance indicators**: 1.2.1 Predict how healthy behaviors can affect health status. Performance indicator: 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- **State of Missouri Health/Physical Education Standards 2.** Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)
- **Missouri Grade Level Expectations: ME2D1, RA1A2b**
  - (ME) Health Maintenance and Enhancement: (2) Nutrition: (D) Food Handling and Safety; (Grade 1) Illustrate proper food safety procedures (e.g., washing hands, not touching other’s food, double dipping.
  - Risk Assessment and Reduction: (1) Disease Prevention and Control: (A) Communicable vs. Non-Communicable Diseases (Grade 2b) Identify how germs are spread and apply practices which help reduce germs in our community (e.g., cover mouth when sneezing, wash hands).

**Lesson 5A Summary Objectives: Did You Ever See a Kiwi?**
Students identify food from the fruit group and prepare a healthy recipe using fruit. Students handle knives and peelers safely.

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• National Health Education Standard 1 & 7 - Performance indicators: 1.2.1 Predict how healthy behaviors can affect health status. Performance indicator: 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

• State of Missouri Health/Physical Education Standards 2. Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management).

• Missouri Grade Level Expectations: ME2D1, RA1A2b
  o (ME) Health Maintenance and Enhancement: (2) Nutrition: (D) Food Handling and Safety; (Grade 1) Illustrate proper food safety procedures (e.g., washing hands, not touching other’s food, double dipping.
  o Risk Assessment and Reduction: (1) Disease Prevention and Control: (A) Communicable vs. Non-Communicable Diseases (Grade 2b) Identify how germs are spread and apply practices which help reduce germs in our community (e.g., cover mouth when sneezing, wash hands).

Lesson 6A Summary Objectives: Olé Beans Olé
Students identify foods from the meat and beans group and prepare a healthy recipe using beans. Students learn to properly handle hot pads for hot foods and identify safe storage methods.

• National Health Education Standard 1 & 7 - Performance indicators: 1.2.1 Predict how healthy behaviors can affect health status. Performance indicator: 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

• State of Missouri Health/Physical Education Standards 2. Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)

• Missouri Grade Level Expectations: ME2D1, RA1A2b
  o (ME) Health Maintenance and Enhancement: (2) Nutrition: (D) Food Handling and Safety; (Grade 1) Illustrate proper food safety procedures (e.g., washing hands, not touching other’s food, double dipping.
  o Risk Assessment and Reduction: (1) Disease Prevention and Control: (A) Communicable vs. Non-Communicable Diseases (Grade 2b) Identify how germs are spread and apply practices which help reduce germs in our community (e.g., cover mouth when sneezing, wash hands).

Lesson 7A Summary Objectives: Does it Taste the Same?
Students identify foods from the milk group and taste different types of milk. Students determine signs of spoilage. They prepare a healthy recipe using milk.

• National Health Education Standard 1 & 7 - Performance indicators: 1.2.1 Predict how healthy behaviors can affect health status. Performance indicator: 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

• State of Missouri Health/Physical Education Standards 2. Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)
Missouri Grade Level Expectations: ME2D1, RA1A2b

- (ME) Health Maintenance and Enhancement: (2) Nutrition: (D) Food Handling and Safety; (Grade 1) Illustrate proper food safety procedures (e.g., washing hands, not touching other’s food, double dipping).
- Risk Assessment and Reduction: (1) Disease Prevention and Control: (A) Communicable vs. Non-Communicable Diseases (Grade 2b) Identify how germs are spread and apply practices which help reduce germs in our community (e.g., cover mouth when sneezing, wash hands).

Kids In the Kitchen Level B (Ages 10-12)
Correlation of Objectives, State and National Standards

Lesson 1B Summary Objectives: Kitchen Sense
Students recognize unsafe food preparation techniques. They learn to wash their hands properly.

- National Health Education Standard 1, 5 & 7 – Performance indicator: 1.5.1 Describe the relationship between healthy behaviors and personal health. 1.5.3 Describe ways in which safe and healthy school and community environments can promote personal health. 5.5.3 List healthy options to health-related issues or problems. 7.5.1 Identify responsible personal health behaviors.
- State of Missouri Health/Physical Education Standards: Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, and stress management).
- State Grade Level Expectation (GLE): ME2D2 (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling and Safety; (Grade 2) Recognize the four basic rules of food handling (i.e. clean, cook, chill, separate).

Lesson 2B Summary Objectives: The Incredible, Edible Five Food Groups
Students are introduced to Food Groups???? and identify foods from each of the five food groups. They learn that we need to eat foods from all food groups to get all the nutrients we need.

- National Health Education Standard 1, 5 & 7 – Performance indicator: 1.5.1 Describe the relationship between healthy behaviors and personal health. 5.5.5 Choose healthy option when making a decision. 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
- State of Missouri Health/Physical Education Standards: Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, and stress management)
- State Grade Level Expectations (GLE): ME2B4 (ME) Health Maintenance and Enhancement; (2) Nutrition ;(B) Balance, Variety and Moderation; (Grade 4) Make decisions regarding food choices based on balance (e.g., food log, meal planning, grocery shopping), moderation and variety. ME2A4 – (ME) Health Maintenance and Enhancement,(2) Nutrition;(A) Essential Nutrients & Food Groupings (Grade 4) Identify
the sources and basic functions of the six essential nutrients including fiber, and locate five essential nutrients (carbohydrates, fats, proteins, vitamins, minerals) on food labels and recognize that this information helps one make healthy food choices.

Lesson 3B Summary Objectives: Choose Whole Grains
Students identify the grain group as a good source of fiber, vitamins, and minerals. They compare food labels containing whole grains vs. refined grains.

- **National Health Education Standard 1 & 3** - Performance indicator: 1.5.1 Describe the relationship between healthy behaviors and personal health. 3.5.1 Identify characteristics of valid health information, products, and services.
- **State of Missouri Health/Physical Education Standards: Standard 2**: principles and practices of physical and mental health (such as personal health habits, nutrition, and stress management)
- **State Grade Level Expectations (GLE) ME2A4** – (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients & Food Groupings (Grade 4) Identify the sources and basic functions of the six essential nutrients including fiber, and locate five essential nutrients (carbohydrates, fats, proteins, vitamins, minerals) on food labels and recognize that this information helps one make healthy food choices. **ME2D5** (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling & Safety; (Grade 5) Examine food labels to determine calories and nutrients in a product (e.g. compare nutritional value and ingredients of two product labels).

Lesson 4B Summary Objectives: I’ll Eat These Veggies
Students identify the vegetable group as a good source of important nutrients. Students learn to handle knives, peelers, and hand-held choppers safely.

- **National Health Education Standard 1, 7** - Performance indicator: 1.5.1 Describe the relationship between healthy behaviors and personal health. 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
- **State of Missouri Health/Physical Education Standards: Standard 2**: principles and practices of physical and mental health (such as personal health habits, nutrition, and stress management).
- **State Grade Level Expectations (GLE): ME2A4** (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients & Food Groupings (Grade 4) Identify the sources and basic functions of the six essential nutrients including fiber, and locate five essential nutrients (carbohydrates, fats, proteins, vitamins, minerals) on food labels and recognize that this information helps one make healthy food choices.

Lesson 5B Summary Objectives: Fantastic Fruits
Students identify foods in the fruit group as good sources of fiber, vitamins, and minerals. Students safely use knives and peelers to prepare healthy fruit recipes.

- **National Health Education Standard 1,7** - Performance indicator: 1.5.1 Describe the relationship
between healthy behaviors and personal health. 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

- **State of Missouri Health/Physical Education Standards: Standard 2:** principles and practices of physical and mental health (such as personal health habits, nutrition, and stress management).
- **State Grade Level Expectations (GLE):** ME2A5a (ME) Healthy Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5a) Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A, C and D).

**Lesson 6B Summary Objectives: Beans, Beans and More Beans**

Students learn that foods in the meat and beans group are high in protein, B vitamins and iron. They learn how to properly store and prepare meats and beans.

- **National Health Education Standard 1, 7 - Performance indicator:** 1.5.1 Describe the relationship between healthy behaviors and personal health. 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

- **State of Missouri Health/Physical Education Standards: Standard 2:** principles and practices of physical and mental health (such as personal health habits, nutrition, and stress management)

- **State Grade Level Expectations (GLE):** ME2A5a (ME) Healthy Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5a) Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A, C and D); ME2D4 (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling & Safety; (Grade 4) Describe proper food guidelines and storage (e.g. expiration date, refrigerated vs. non-refrigerated food).

**Lesson 7B Summary Objectives: Does It Taste The Same?**

Students identify milk as a good source of calcium and taste different kinds of milk. They use the sell by date and identify signs of spoilage.

- **National Health Education Standard 1, 7 - Performance indicator:** 1.5.1 Describe the relationship between healthy behaviors and personal health. 7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

- **State of Missouri Health/Physical Education Standards: Standard 2:** principles and practices of physical and mental health (such as personal health habits, nutrition, and stress management).

- **State Grade Level Expectations (GLE):** ME2A5a (ME) Healthy Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5a) Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A, C and D); ME2D4 (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling & Safety; (Grade 4) Describe proper food guidelines and storage (e.g. expiration date, refrigerated vs. non-refrigerated food).
Lesson 1C Summary Objectives: Kitchen Sense
Students develop safety skills for working in the kitchen and recognize unsafe food preparation techniques. They learn to properly wash their hands and prepare healthy recipes for their family.

- National Health Education Standard 1- Performance indicators: 1.8.1 Analyze the relationship between healthy behaviors and personal health. 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.
- State of Missouri Health/Physical Education Standard 2- Standard 2: principles and practices of physical and mental health such as personal health habits, nutrition, stress management).
- State Grade Level Expectation (GLE): ME2D2 (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling and Safety; (Grade 2) Recognize the four basic rules of food handling (i.e. clean, cook, chill, separate).

Lesson 2C Summary Objectives: Eating the Five Food Groups
Students learn the importance of eating foods from all five food groups to get all the necessary nutrients. They learn the value of eating breakfast.

- National Health Education Standard 1 & 7- Performance indicators: 1.8.1 Analyze the relationship between healthy behaviors and personal health. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- State of Missouri Health/Physical Education Standard 2- Standard 2: principles and practices of physical and mental health such as personal health habits, nutrition, stress management)
- State Grade Level Expectation (GLE): ME2B4 (ME) Health Maintenance and Enhancement; (2) Nutrition;(B) Balance, Variety and Moderation; (Grade 4) Make decisions regarding food choices based on balance (e.g., food log, meal planning, grocery shopping), moderation and variety. ME2A4 – (ME) Health Maintenance and Enhancement;(2) Nutrition;(A) Essential Nutrients & Food Groupings (Grade 4) Identify the sources and basic functions of the six essential nutrients including fiber, and locate five essential nutrients (carbohydrates, fats, proteins, vitamins, minerals) on food labels and recognize that this information helps one make healthy food choices.

Lesson 3C Summary Objectives: Choose Whole Grains
Students identify the grain group as a good source of fiber, vitamins, and minerals, and compare food labels of whole grains vs. refined grains. They learn to measure ingredients correctly.
National Health Education Standard 1 & 7- Performance indicators: 1.8.1 Analyze the relationship between healthy behaviors and personal health. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

State of Missouri Health/Physical Education Standard 2- Standard 2: principles and practices of physical and mental health such as personal health habits, nutrition, stress management.

State Grade Level Expectations (GLE) ME2A4 – (ME) Health Maintenance and Enhancement;(2) Nutrition;(A) Essential Nutrients & Food Groupings (Grade 4) Identify the sources and basic functions of the six essential nutrients including fiber, and locate five essential nutrients (carbohydrates, fats, proteins, vitamins, minerals) on food labels and recognize that this information helps one make healthy food choices. ME2D5 (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling & Safety; (Grade 5) Examine food labels to determine calories and nutrients in a product (e.g. compare nutritional value and ingredients of two product labels).

Lesson 4C Summary Objectives: I’ll Eat These Veggies
Students recognize foods from the vegetable group as a good source of fiber, vitamins, and minerals. They prepare healthy vegetables recipes and learn proper storage techniques.

National Health Education Standard 1 & 7- Performance indicators: 1.8.1 Analyze the relationship between healthy behaviors and personal health. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

State of Missouri Health/Physical Education Standard 2- Standard 2: principles and practices of physical and mental health such as personal health habits, nutrition, stress management.

State Grade Level Expectations (GLE): ME2A4 (ME) Health Maintenance and Enhancement;(2) Nutrition; (A) Essential Nutrients & Food Groupings (Grade 4) Identify the sources and basic functions of the six essential nutrients including fiber, and locate five essential nutrients (carbohydrates, fats, proteins, vitamins, minerals) on food labels and recognize that this information helps one make healthy food choices. ME2D4 (ME) Health Maintenance and Enhancement;(2) Nutrition;(D) Food Handling & Safety; (Grade 4) Describe proper food guidelines and storage (e.g. expiration date, refrigerated vs. non-refrigerated food).

Lesson 5C Summary Objectives: Fantastic Fruits
Students identify foods in the fruit group as good sources of fiber, vitamins, and minerals. They learn to prevent browning of cut fruits, and how to wash, store and prepare recipes with fruit.
• National Health Education Standard 1 & 7- Performance indicators: 1.8.1 Analyze the relationship between healthy behaviors and personal health. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

• State of Missouri Health/Physical Education Standard 2- Standard 2: principles and practices of physical and mental health such as personal health habits, nutrition, stress management).

• State Grade Level Expectations (GLE): ME2A5a (ME) Healthy Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5a) Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A,C and D) ME2D4 (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling & Safety; (Grade 4) Describe proper food guidelines and storage (e.g. expiration date, refrigerated vs. non-refrigerated food).

Lesson 6C Summary Objectives: Go Lean with Protein
Students are introduced to a variety of foods in the meat and bean group, which are good sources of protein, B vitamins, and iron. They learn to cook meat, fish, and poultry in healthy ways.

• National Health Education Standard 1 & 7- Performance indicators: 1.8.1 Analyze the relationship between healthy behaviors and personal health. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

• State of Missouri Health/Physical Education Standard 2- Standard 2: principles and practices of physical and mental health such as personal health habits, nutrition, stress management).

• State Grade Level Expectations (GLE): ME2A5a (ME) Healthy Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5a) Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A,C and D).

Lesson 7C Summary Objectives: Got Milk?
Students identify milk as a good source of calcium. They discover the difference between spoiled and fresh dairy products, what the sell by date means, and practice multiplying and dividing recipes.

• National Health Education Standard 1, 3 & 7- Performance indicators: 1.8.1 Analyze the relationship between healthy behaviors and personal health. 3.8.1 Analyze the validity of health information, products, and services. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- **State of Missouri Health/Physical Education Standard 2** - Standard 2: principles and practices of physical and mental health such as personal health habits, nutrition, stress management.

- **State Grade Level Expectations (GLE): ME2A5a (ME)** Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5a) Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A, C and D) **ME2D4 (ME)** Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling & Safety; (Grade 4) Describe proper food guidelines and storage (e.g., expiration date, refrigerated vs. non-refrigerated food).

Lesson 8C Summary Objectives: Meals with Appeal

Students learn to create and plan healthy meals for themselves or their families.

- **National Health Education Standard 1 & 7** - Performance indicators: 1.8.1 Analyze the relationship between healthy behaviors and personal health. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

- **State of Missouri Health/Physical Education Standard 2** - Standard 2: principles and practices of physical and mental health such as personal health habits, nutrition, stress management.

- **State Grade Level Expectations (GLE): ME2B4 (ME)** Health Maintenance and Enhancement; (2) Nutrition; (B) Balance, Variety and Moderation; (Grade 4) Make decisions regarding food choices based on balance (e.g., food log, meal planning, grocery shopping), moderation and variety.

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