

Fun with Food and Fitness (1st grade) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
1-My Pyramid Primer <ul style="list-style-type: none"> Students are introduced to MyPyramid and eating a variety of foods. They learn that physical activity is fun and that hand washing gets rid of germs. 	Communication Arts	L1A1
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1A1b, ME2C1, ME2D1, RA1B1
	Physical Education	
2-Great Grains <ul style="list-style-type: none"> Students begin to build meals by drawing grains they would like to eat. A food safety activity demonstrates how germs are spread. 	Communication Arts	L2A1
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	PP3C1
	Health	FS1E1, ME2E1
	Physical Education	PA1C1
3-Victorious, Glorious Vegetables <ul style="list-style-type: none"> Students are introduced to a variety of vegetables and recognize that it is important to wash fresh vegetables before eating them. They practice asking for healthy foods and taste fresh vegetables. 	Communication Arts	L2B1
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	PP3C1
	Health	ME2D1
	Physical Education	PA1A1
4-Fabulous Fruits <ul style="list-style-type: none"> Students discover that eating a variety of fruits helps us stay healthy. They taste fresh fruit and learn about television commercials. 	Communication Arts	IA21
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D1, RA1B1
	Physical Education	
5-Magnificent Milk <ul style="list-style-type: none"> Students recognize that milk foods and physical activity work together to make healthy bones. Activities include tasting cheese and practicing how to store food properly to keep it safe. 	Communication Arts	L1A1
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	PP3C1
	Health	ME2D1
	Physical Education	

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6-Marvelous Meat and Bountiful Beans <ul style="list-style-type: none"> Students discover that foods from the Meat & Beans Group are from both animal and plant sources. They learn about the importance of these foods and physical activity for building muscle. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	PP3C1
	Health	ME2A1a, ME2D1, RA1B1
	Physical Education	
7-MyPyramid Power <ul style="list-style-type: none"> Students learn about eating oils, fats and sugars in moderation. After reviewing each food group, students build a meal on their plate. 	Communication Art	L1A1
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	PP3C1
	Health	ME2A1b
	Physical Education	