

Grade 1 Show Me Nutrition Fun with Food and Fitness Correlation of Objectives, State and National Standards

Lesson 1: Food Group Primer

Students are introduced to the food groups and eating a variety of foods. They recognize that physical activity is fun, it's good to stretch, and hand washing gets rid of germs.

- **National Health Education Standard 1- Performance indicator:** 1.2.1 *Identify that healthy behaviors impact personal health.*
- **State of Missouri Health/Physical Education Standards 2 & 4.** *Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management) Standard 4: principles of movement and physical fitness.*
- **Missouri Grade Level Expectations: ME1A1, ME1D1, ME2A1, RA1B1, ME1B1**
 - *(ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (A) Personal Health; (Grade1) Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene).*
 - *(ME) ME1D1 Health Maintenance and Enhancement; (1) Personal and Family Health; (D) Health and Skill Related Fitness; (Grade 1) Recognize that physical activity increases heart and respiratory rate.*
 - *(RA) RA1B1 Risk Assessment and Reduction; (1) Disease Prevention and Control; (B) Body Defenses and Recovery; (Grade 1) Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods).*
 - *(ME) ME1B1 Healthy Maintenance and Enhancement; (1) Personal and Family Health; (B) Preventive Care; (Grade 1) Identify preventive health care (e.g., immunizations, regular health and dental check-ups).*

Lesson 2: Great Grains

Students learn that grains are for go! They begin to build meals by drawing grains they would like to eat. A food safety activity demonstrates how germs are spread. A physical activity teaches them that it's healthy to move and make their hearts beat faster.

- **National Health Education Standard 1, 7 – Standard 1 Performance indicator:** 1.2.1 *Identify that healthy behaviors impact personal health. Standard 7- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.*
- **State of Missouri Health/Physical Education Standards 2 & 4.** *Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management) Standard 4: principles of movement and physical fitness.*
- **Missouri Grade Level Expectations: ME1A1, ME1D1, ME2A1, ME2D1, RA1A1b, RA1B1, ME1B1**
 - *(ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (A) Personal Health; (Grade1) Show the cause and effect of*

- healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene)*
- *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (D) Health and Skill Related Fitness; (Grade 1) Recognize that physical activity increases heart and respiratory rate.*
 - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Groupings. (1) Recognize that foods come from plant and animal sources and provide the body with fuel (energy); Recognize that food fits into different groups and that different amount are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*
 - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (E) Food Energy and Physical Activity; (Grade 1) Recognize that food provides the body with fuel (energy) (e.g., importance of eating breakfast).*
 - *(RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (A) Communicable vs. Non-Communicable Diseases; (Grade 1b) Define germs, where they are found, and what harm they cause to the body.*
 - *(RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (B) Body Defenses and Recovery; (Grade 1) Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods).*
 - *(ME) ME1B1 Health Maintenance and Enhancement; (1) Personal and Family Health; (B) Preventive Care; (Grade 1) Identify preventive health care (e.g., immunizations, regular health and dental check-ups).*

Lesson 3: Victorious, Glorious Vegetables

Students learn about a variety of vegetables and why it is important to wash fresh vegetables before eating them. They practice asking for healthy foods and taste fresh vegetables. A physical activity lets them have fun while they move.

- **National Health Education Standard 1, 4 & 7- Performance indicator:** 1.2.1 *Identify that healthy behaviors impact personal health. Performance indicator: 4.2.1 Demonstrate healthy ways to express needs wants and feelings. Performance indicator: 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.*
- **State of Missouri Health/Physical Education Standards 2 & 4.** *Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management) Standard 4: principles of movement and physical fitness.*
- **Missouri Grade Level Expectations: ME1A1, ME1D1, ME2A1, ME2D1, RA1A1b, RA1B1, ME1B1**
 - *(ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (A) Personal Health; (Grade 1) Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene).*

- *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (D) Health and Skill Related Fitness; (Grade 1) Recognize that physical activity increases heart and respiratory rate.*
- *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Groupings.(1)Recognize that foods come from plant and animal sources and provide the body with fuel (energy).*
- *Recognize that food fits into different groups and that different amount are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*
- *(ME) Health Maintenance and Enhancement: (2) Nutrition; (E) Food Energy and Physical Activity; (Grade 1) Recognize that food provides the body with fuel (energy) (e.g., importance of eating breakfast).*
- *(RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (A) Communicable vs. Non-Communicable Diseases; (Grade 1b) Define germs, where they are found, and what harm they cause to the body.*
- *(RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (B) Body Defenses and Recovery; (Grade 1) Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods).*

Lesson 4: Fabulous Fruits

Students learn about fruit and wrapping food to keep it safe. Activities include tasting fresh fruit and learning about television commercials. A physical activity gets them moving

- **National Health Education Standard 1-** Performance indicator .1.2.1 *Identify that healthy behaviors impact personal health. Performance indicator: 2.2.3 Describe how the media can influence health behaviors. Performance indicator: 7.2.1 Demonstrate healthy practices and behavior to improve personal health.*
- **State of Missouri Health/Physical Education Standards 2 & 4.** *Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management) Standard 4: principles of movement and physical fitness.*
- **Missouri Grade Level Expectations: ME1A1, ME1D1, ME2A1, RA1B1**
 - *(ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (A) Personal Health; (Grade1) Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene).*
 - *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (D) Health and Skill Related Fitness; (Grade 1) Recognize that physical activity increases heart and respiratory rate.*
 - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Groupings. (1)Recognize that foods come from plant and animal sources and provide the body with fuel (energy);*

Recognize that food fits into different groups and that different amount are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).

- *(RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (B) Body Defenses and Recovery; (Grade 1) Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods).*

Lesson 5: Delicious Dairy

Students learn that milk foods and physical activity work together to make healthy bones. Activities include tasting cheese and learning how to store food properly to keep it safe.

- **National Health Education Standard 1 & 7- Performance indicator:** 1.2.1 *Identify that healthy behaviors impact personal health. Performance indicator: 7.2.1 Demonstrate healthy practices and behavior to improve personal health.*
- **State of Missouri Health/Physical Education Standards 2 & 4. Standard 2:** *principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)*
- **Missouri Grade Level Expectations: ME1A1, ME1D1, ME2A1, RA1B1**
 - *(ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (A) Personal Health; (Grade1) Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene).*
 - *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (D) Health and Skill Related Fitness; (Grade 1) Recognize that physical activity increases heart and respiratory rate.*
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 - *(RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (B) Body Defenses and Recovery; (Grade 1) Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods).*

Lesson 6: Phenomenal Protein Foods

Students discover foods from the Meat & Beans Group that are from both animal and plant sources. They learn about the importance of these foods and physical activity for building muscles. A short skit teaches basic food safety and an optional food safety video is also listed.

- **National Health Education Standard 1, 7 & 8- Performance indicator:** 1.2.1 *Identify that healthy behaviors impact personal health. Performance indicator: 7.2.1*

Demonstrate healthy practices and behavior to improve personal health. Performance indicator: 8.2.2 Encourage peers to make positive health choice.

- **State of Missouri Health/Physical Education Standards 2 & 4.** *Standard 2: principles and practices of physical and mental health (such as personal health habits, nutrition, stress management) Standard 4: principles of movement and physical fitness.*
- **Missouri Grade Level Expectations: ME1A1, ME1D1, ME2A1, RA1B1**
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 - *(RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (B) Body Defenses and Recovery; (Grade 1) Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods).*

Lesson 7: Food Group Power

Students learn about eating oils, fats and sugars in moderation. After learning about each food group throughout the lessons, they finish building their meals on their plates. A fun game provides a review of all the lessons.

- **National Health Education Standard 1 & 7-** *Performance indicator: 1.2.1 Identify that healthy behaviors impact personal health. Performance indicator: 7.2.1 Demonstrate healthy practices and behavior to improve personal health.*
- **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)*
- **Missouri Grade Level Expectations: ME1A1, ME1D1, ME2A1, RA1B1**
 - *(ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (A) Personal Health; (Grade1) Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene).*
 - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A)Essential Nutrients and Food Groupings.(1)Recognize that foods come from plant and animal sources and provide the body with fuel (energy);*

Recognize that food fits into different groups and that different amount are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).

- *(RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; (B) Body Defenses and Recovery; (Grade 1) Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods).*

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