

Grade 3 Show Me Nutrition Building My Body Correlation of Objectives, State and National Standards

Lesson 1: Getting to Know the Food Groups

Students will identify the six essential nutrients and their functions.

- **National Health Education Standard 1 – Performance indicators:** *1.5.1 Describe the relationship between healthy behaviors and 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: ME2A3, ME2E3**
 - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade3) Identify the six essential nutrients and their functions (carbohydrates, protein, fats, vitamins, minerals, water).*
 - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (E) Food Energy and Physical Activity; (Grade3) Recognize that essential nutrients provide different amounts of energy (e.g., eating fruits/vegetables versus candy/chips).*

Lesson 2: Carbohydrates

Students will recognize three of the components of health-related fitness and the benefits of regular activity.

- **National Health Education Standard 1 – Performance indicators:** *1.5.1 Describe the relationship between healthy behaviors and 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: ME1D3**
 - *(ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (D) Health and Skill Related Fitness; (Grade 3) Identify the components of health related fitness.*

Lesson 3: Protein Foods & Fats

Students will identify the functions and sources of protein foods and fats; state the effect of fat and activity on the heart and describe the benefits of aerobic activity.

- **National Health Education Standard 1 – Performance indicators:** *1.5.1 Describe the relationship between healthy behaviors and 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: ME1D3, ME2A3, ME2E3**

- (ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (D) Health and Skill Related Fitness; (Grade 3) Identify the components of health related fitness.
- (ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade3) Identify the six essential nutrients and their functions (carbohydrates, protein, fats, vitamins, minerals, water).
- (ME) Health Maintenance and Enhancement: (2) Nutrition; (E) Food Energy and Physical Activity; (Grade3) Recognize that essential nutrients provide different amounts of energy (e.g., eating fruits/vegetables versus candy/chips).

Lesson 4: Vitamins, Minerals and Water

Students will identify the functions of calcium, vitamin A and C and water in the body.

- **National Health Education Standard 1 – Performance indicators:** 1.5.1 Describe the relationship between healthy behaviors and 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: ME2A3**
 - (ME) Health Maintenance and Enhancement:(2)Nutrition;(A) Essential Nutrients and Food Groupings;(Grade3) Identify the six essential nutrients and their functions (carbohydrates, protein, fats, vitamins, minerals, water).

Lesson 5: Reading the Food Label

Students will recognize how to use food labels to make healthy food choices.

- **National Health Education Standard 1, 3 & 5 – Performance indicators:** 1.5.1 Describe the relationship between healthy behaviors and personal health. Performance indicator: 3.5.1 Identify characteristics of valid health information, products, and services. Performance indicator: 5.5.1 Identify health-related situations that might require a thoughtful decision.
- **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: ME2C3**
 - (ME) Health Maintenance and Enhancement: (2) Nutrition; (C) Food Labels; (Grade 3) Explain the importance of nutrition facts on food labels in making healthy selections (e.g., serving size, calories, nutrients, ingredients) .

Lesson 6: Digestion

Students will identify the major components and functions of the digestive system and recognize body cues and how to respond to them in a healthy way.

- **National Science Education Standard F.1.c:** Science in personal and social perspectives Performance indicator: 1: Personal health; c: Nutrition is essential to health. Students should understand how the body uses food and how various foods contribute to health.
- **State of Missouri Health/Physical Education Standards 1.** Standard 1: Structure of, functions of and relationships among human body systems.
- **Missouri Grade Level Expectations: FS1H3**
 - (FS) Functions and Interrelationships of Systems; (1) Structure and Functions of the body; (H) Digestive System; (Grade 3) Identify the major components (e.g., mouth, esophagus, stomach, small intestines, large intestines) and the functions of.

Lesson 7: The Truth About Advertising

Students will be able to identify advertising techniques and how they can influence purchases and self-image.

- **National Health Education Standard 1, 2, 5 - Performance indicators:** 1.5.1 Describe the relationship between healthy behaviors and personal health. 2: 2.5.1 Describe how family influences personal health practices and behavior. 2.5.2 Identify the influence of culture on health practices and behaviors. 2.5.3 Identify how peers can influence healthy and unhealthy behaviors. 2.5.5 Explain how media influences thought, feelings, and health behavior. 2.5.6 Describe ways that technology can influence personal health. Performance indicator: 5.5.1 Identify health-related situations that might require a thoughtful decision. 5.5.2 Analyze when assistance is needed in making a health-related decision. 5.5.3 List healthy options to health-related issues or problems. 5.5.4 Predict the potential outcomes of each option when making a health-related decision. 5.5.5 Choose a healthy option when making decision.
- **State of Missouri Health/Physical Education Standards 6 – Standard 6:** consumer health issues (such as the effects of mass media and technologies on safety and health).
- **Missouri Grade Level Expectations: ME3A4**
 - (ME)Health Maintenance and Enhancement; (3) Consumer Health and Safety; (A) Media Influences on Health Habits and Decisions; (Grade 4) Collect and display examples of how the media can influence a consumer decision regarding health practices and products (e.g., magazine, newspaper, commercial).

Lesson 8: Delicious Decisions

Students will identify the five steps of the decision-making process, learn that variety, balance and moderation are important decision-making tools and review the link of the six essential nutrients to the Food Groups.

- **National Health Education Standard 5 - Performance indicator:** 5.5.1 Identify health-related situations that might require a thoughtful decision. 5.5.2 Analyze when assistance is needed in making a health-related decision. 5.5.3 List healthy options to health-related issues or problems. 5.5.4 Predict the potential outcomes of each option

when making a health-related decision. 5.5.5 Choose a healthy option when making decision.

- **State of Missouri Health/Physical Education Standards 5:** Standard 5: methods used to assess health, reduce risk factors, and avoid high-risk behaviors (such as violence, tobacco, alcohol and other drug use).
- **Missouri Grade Level Expectations: 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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