

## Grade 4 Show Me Nutrition Choosing Foods for Me Correlation of Objectives, State and National Standards

### Lesson 1: Serve Up Your Grains, Vegetables and Fruits

A review of the recommended amounts of grains, vegetables and fruits from the Food Groups to eat each day and the main nutrients found in these groups.

- **National Health Education Standard 1 & 7 – Performance indicators:** *1.5.1 Describe the relationship between healthy behaviors and personal health. 7.5.1 Identify responsible personal health behaviors.*
- **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) Standard 4: principles of movement and physical fitness*
- **Missouri Grade Level Expectations: ME2A4**
  - *(ME)Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and 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 2: Serve Up Your Dairy, Protein Foods

A review of the recommended amounts of dairy and foods from the Protein Foods Group from the Food Groups to eat each day and the main nutrients found in these groups.

- **National Health Education Standard 1 & 7 – Performance indicators:** *1.5.1 Describe the relationship between healthy behaviors and personal health. 7.5.1 Identify responsible personal health behaviors.*
- **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) Standard 4: principles of movement and physical fitness*
- **Missouri Grade Level Expectations: ME2A4**
  - *(ME)Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and 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 3: How Our Bodies Digest Food

Includes information and activities on the anatomy of the digestive system and how the body uses the system to absorb nutrients obtained from food.

- **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: FS1H4**
  - *(FS) Functions and Interrelationships of Systems; (1) Structure and Functions of the Body; (H) Digestive System; (Grade 4) Describe the processes of the digestive system (e.g., how the teeth, tongue and saliva begin the digestive process) and how they are affected by lifestyle choices (e.g., diet, activity level, dental care).*

#### **Lesson 4: What's on a Label?**

Introduces label reading and how healthy choices can be made by using this information.

- **National Health Education Standard 3 - Performance indicator: 3.5.1** *Identify characteristics of valid health information, products and services.*
- **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: ME2A4, ME3A4, ME2B4**
  - *(ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 4) Identify the sources and basic functions of the six essential nutrient, 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.*
  - *(ME) Healthy maintenance and Enhancement; (3) Consumer Health and Safety; (A) Media Influence 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).*
  - *(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.*

#### **Lesson 5: A Closer Look at the Nutrition Facts Panel**

Describes how to use the Nutrition Facts Panel to assess the nutrients in food.

- **National Health Education Standard 3 - Performance indicator: 3.5.1** *Identify characteristics of valid health information, products and services. 3.5.2 Locate resources from home, school and community that provide health information.*
- **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: ME2A4, ME3A4, ME2B4**
  - *(ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 4) Identify the sources and basic functions of the six essential nutrient, 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.*

- (ME) *Healthy maintenance and Enhancement; (3) Consumer Health and Safety; (A) Media Influence 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)*
- (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.*

### **Lesson 6: Your Day Starts with Breakfast**

Includes information and activities on the importance and benefits of eating breakfast and the importance of eating foods high in iron and vitamin C.

- **National Health Education Standard 1 & 7 – Performance indicator:** *1.5.1 Describe the relationship between healthy behaviors and personal health. 7.5.1 Identify personal health responsible behaviors. 7.5.2 Demonstrate a variety of 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) Standard 4: principles of movement and physical fitness.*
- **Missouri Grade Level Expectations: ME1A4, ME2A4**
  - (ME) *Health Maintenance and Enhancement; (1) Personal and Family Health; (A) Personal Health; (Grade 4) Classify activities as they relate to the health related fitness components and identify behaviors, that if performed regularly, Can contribute to a healthy lifestyle (eating breakfast daily, not smoking, adequate sleep, maintain normal weight, regular physical activity, avoiding alcohol, healthy snacking).*
  - (ME) *Health Maintenance and Enhancement; (2) Nutrition; (A)Essential Nutrients and 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 7: Healthy Choices Eating Out**

Describes how to make healthy choices when eating out and planning healthy meals.

- **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 a healthy option when making a decision. 7.5.1 Identify personal health responsible behaviors. 7.5.2 Demonstrate a variety of 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) Standard 4: principles of movement and physical fitness.*

- **Missouri Grade Level Expectations: ME1A4, ME2A4, ME2B4**
  - (ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (A) Personal Health; (Grade 4) Classify activities as they relate to the health related fitness components and identify behaviors, that if performed regularly, Can contribute to a healthy lifestyle (eating breakfast daily, not smoking, adequate sleep, maintain normal weight, regular physical activity, avoiding alcohol, healthy snacking).
  - (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and 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.
  - (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.

### Lesson 8: Keeping Food Safe to Eat

Includes information and activities on time and temperature limits necessary to prevent food borne illnesses.

- **National Health Education Standard 7 – Performance indicator:** 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. 7.2.2 Demonstrate behaviors that avoid or reduce health risks.
- **State of Missouri Health/Physical Education Standards 3 – Standard 3: diseases and methods for prevention, treatment and control.**
- **Missouri Grade Level Expectations: ME2D4, RA1C4**
  - (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food Handling and Safety; (Grade 4) Describe proper food guidelines and storage (e.g., expiration date, refrigerated vs. non-refrigerated food).
  - (RA) Risk Assessment and Reduction; (1) Disease Prevention & Control; (A) Communicable vs. Non-communicable Diseases; (Grade 4) Identify and describe basic causes, symptoms, treatments and management of common communicable diseases and healthy problems.

### Lesson 9: A Healthy Body Image

Includes information and activities that analyze the impact that social influences (media messages, family members and peers) have on healthy body image.

- **National Health Education Standard 2 – Performance indicator:** 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.

- **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 Influence 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 10: Media Literacy

A review of how media can influence health and how product placement is used to influence purchasing.

- **National Health Education Standard 2 & 3 – Performance indicators: 2.5.5 Explain how media influences thoughts, feelings, and health behaviors. 2.5.6 Describe ways that technology can influence personal health. 3.5.1 Identify characteristics of valid health information, products, and services.**
- **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 Influence 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 11: Hunger

Includes information and activities that explore the prevalence of hunger and the effects of hunger on human health.

- **National Health Education Standard 2 – Performance indicator: 2.5.2 Identify the influence of culture on health practices and behaviors.**
- **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) Standard 4: principles of movement and physical fitness**
- **Missouri Grade Level Expectations: ME2A4b, ME3C4**
  - (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 4b) Describe the relationship between food intake and energy.
  - (ME) Healthy Maintenance and Enhancement; (3) Consumer Health and Safety; (C) Consumer Health and Safety; (Grade 4) Compare and contrast community helpers and agencies who can provide assistance for specific health issues or problems (e.g., fireman, policemen, paramedics, American Heart Association).

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