

Choosing Foods for Me (4th grade) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
1-Serve Up Your Grains, Vegetables and Fruits <ul style="list-style-type: none"> Students identify the recommended amounts of grains, vegetables and fruits from MyPyramid to eat each day and the nutrients found in these food groups. 	Communication Arts	
	Mathematics	N1B4
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5
	Physical Education	PA1B4a
2-Serve Up Your Milk, Meat & Beans <ul style="list-style-type: none"> Students identify the recommended daily amounts of milk and foods from the Meat & Beans groups and the nutrients in these foods. 	Communication Arts	L1A4
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a, ME2B4
	Physical Education	PA1B4a
3-How Our Bodies Digest Food <ul style="list-style-type: none"> Students learn about the digestive system and how the body absorbs nutrients from food. They will demonstrate the process of digestion. 	Communication Arts	L2A4
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	FS1H4
	Physical Education	PA1A4a
4-What's on a Label? <ul style="list-style-type: none"> Students analyze nutrition labels and use this information to make healthy choices. 	Communication Arts	I1A4
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	PA1A4a
5-A Closer Look at the Nutrition Facts Panel <ul style="list-style-type: none"> Students identify the different sections of the Nutrition Facts Panel and use it to compare nutrients in foods. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2C3, ME4A4, ME2C5
	Physical Education	

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6-Your Day Starts with Breakfast <ul style="list-style-type: none"> Students use the Nutrition Facts Panel to choose foods that are high in iron and vitamin C. 	Communication Arts	L1A4
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a, ME1A4
	Physical Education	PA1A4a
7-Healthy Choices Eating Out <ul style="list-style-type: none"> Students learn how to make healthy choices when eating out and planning healthy meals. They will plan a menu that includes foods from the five food groups on MyPyramid. 	Communication Art	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5b, ME2B4
	Physical Education	PA1A4a
8-Keeping Food Safe to Eat <ul style="list-style-type: none"> Students identify handling instructions on food labels to prevent the risk of foodborne illnesses. 	Communication Arts	L1A4
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2B5a, ME2D4
	Physical Education	
9-A Healthy Body Image <ul style="list-style-type: none"> Students analyze the role that social influence (media, family, peers) have on healthy body image. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	
10-Media Literacy <ul style="list-style-type: none"> Students learn how media can influence health and demonstrate how product placement is used to influence purchasing. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME3A4
	Physical Education	
11-Hunger <ul style="list-style-type: none"> Students explore the prevalence of hunger and the effects of hunger on health. 	Communication Arts	W3E4
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	