

Grade 5 Show Me Nutrition Exploring the Food Groups Correlation of Objectives, State and National Standards

Lesson 1: Let's Go Exploring

Students identify that foods are categorized into food groups based on the nutrients they contain. They relate to choosing and preparing healthy meals using a variety of foods.

- **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:ME2A5a**
 - *(ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5a) Identify sources and functions of specific vitamins and minerals that are critical for youth (e.g., calcium, folate, vitamins A, C and D).*

Lesson 2: Be Food Safe

Students recognize basic food safety, including why food spoils and how proper storage and preparation can prevent spoilage. The Fight BAC! Standards (clean, chill, separate and cook) are stressed.

- **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:** No GLE

Lesson 3: Be a Cool Consumer: Learning to use Food Labels

The Nutrition Facts Panel and ingredient list contain a wealth of nutrition information. Students interpret food labels to recognize what they are buying.

- **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: ME2C5**
 - *(ME) Health Maintenance and Enhancement; (2) Nutrition; ©Food Labels;*

(Grade 5) Examine food labels to determine calories and nutrients in a product (e.g., compare nutritional value and ingredients of two product labels).

Lesson 4: Make Half Your Grains Whole

- **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: ME2A5b**
 - *(ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings (5b) Recognize the USDA.gov food slogans (e.g., go lean with meat , vary your vegetables, focus on fruits, get your calcium rich foods, make the most of your whole grains).*

Lesson 5: Vary Your Veggies

Students recognize that vitamins A and C, potassium and folate are key nutrients in the vegetable group. The importance of fiber is addressed as students identify low-fat sources and tasty ways to eat veggies.

- **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: ME2A5**
 - *(ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings;(Grade 5) 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 label and recognize that this information helps one make healthy food choices.*

Lesson 6: Focus on Fruits

Vitamin C, potassium and folate are key nutrients in the fruit group. Students get “fired up” about fiber and identify a variety of ways to incorporate fruit into their breakfast.

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- **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: ME2A5**

- (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5) 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 label and recognize that this information helps one make healthy food choices.

Lesson 7: Get Your Calcium-Rich foods

Calcium is the key nutrient in dairy foods, and students recognize how important it is for strong bones and teeth. They recognize that low-fat dairy products contain just as much calcium as full-fat versions. The relationship between weight-bearing exercise and strong bones is addressed.

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- **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: ME2A5**
 - (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5) 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 label and recognize that this information helps one make healthy food choices.

Lesson 8: Go Lean with Protein

Protein and iron are the key nutrients in the Protein Foods Group. Students recognize why these nutrients are crucial to preteen growth and development. Both plant and animal sources of protein are discussed. Students recognize how to make low-fat choices from the Protein Foods Group.

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- **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: ME2A5**
 - (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 5) 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 label and recognize that this information helps one make healthy food choices.

Lesson 9: Food Group Power: Healthy Choices for Winners

The Food Groups are a guide to making healthy food choices. Students recognize to limit their intake of foods high in fat and sugar and choosing healthy snacks is emphasized.

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- **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: ME2E5**
 - *(ME) Health Maintenance and Enhancement; (2) Nutrition; (E) Food energy and Physical Activity; (Grade 5) Summarize the relationship between food intake and physical activity.*

Lesson 10: Healthy Body Image

Many characteristics make up our body image besides size and shape. Learning to eat for health and pleasure, not weight loss is emphasized.

- **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: ME1C5**
 - *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; © Growth and Development; (Grade 5) Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth).*

Lesson 11: Why We Eat: Understanding Media, Family and Cultural Influences on Food Selections

Students recognize that food choices are influenced by many factors, including family, friends and advertising. They learn to develop strategies to combat advertising and make healthy food choices based on facts.

- **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: ME1A5, ME2B5, ME3A4**
 - (ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (A) Personal Health; (Grade 5) Create a personal health plan that includes balanced nutrition, physical activity, hygiene, adequate sleep, no alcohol, healthy snacking.
 - (ME) Health Maintenance and Enhancement; (2) Nutrition; (B) Balance, Variety, and Moderation; (Grade 5) Use the USDA.gov website to construct a balanced menu.
 - (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, commercials).

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