

Exploring MyPyramid (5th grade) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
1-Let's Go Exploring <ul style="list-style-type: none"> Students learn that foods are categorized into food groups based on the nutrients they contain. They will plan and prepare healthy meals and snacks using a variety of foods from MyPyramid. 	Communication Arts	R3D5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a, ME2A8, ME2E5
	Physical Education	
2-Be Food Safe <ul style="list-style-type: none"> Students discuss the components of food safety, including why food spoils and how proper storage and preparation can prevent spoilage. 	Communication Arts	L2A5, R1H5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	
3-Be a Cool Consumer: Learning to use Food Labels <ul style="list-style-type: none"> Students interpret the nutrition information on the Nutrition Facts Panel and ingredient list and use these skills to make healthy food choices. 	Communication Arts	R3A5
	Mathematics	A3A5
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2C5
	Physical Education	
4-Make Half Your Grains Whole <ul style="list-style-type: none"> Students discover that grains, especially whole grains, are an important source of fiber, B vitamins, iron, magnesium and sodium. 	Communication Arts	L2A5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a
	Physical Education	
5-Vary Your Veggies <ul style="list-style-type: none"> Students prepare and taste several kinds of vegetables and learn that vitamin A, vitamin C, potassium and folate are key nutrients in the vegetable group. 	Communication Arts	R3A5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a
	Physical Education	

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6-Focus on Fruit <ul style="list-style-type: none"> Students discuss ways to add fruit to their breakfast, especially fruits high in vitamin C, potassium, folate and fiber. 	Communication Arts	L2A5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a
	Physical Education	
7-Get Your Calcium-Rich Foods <ul style="list-style-type: none"> Students discuss the importance of eating calcium foods for strong bones and teeth. They compare the calcium content of low-fat dairy products to the full-fat counterparts. 	Communication Art	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a, ME2C5
	Physical Education	
8-Go Lean with Meat & Beans <ul style="list-style-type: none"> Students identify protein, minerals, vitamin E, and B vitamins as important nutrients in the Meat and Beans Group. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5a
	Physical Education	
9-MyPyramid Power: Healthy Choice for Winners <ul style="list-style-type: none"> Students plan a healthy snack that is low in fat, sugar and salt, and high in nutrients. 	Communication Arts	L2B5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A5b
	Physical Education	PA1B5b
10-Healthy Body Image <ul style="list-style-type: none"> Students explore the many characteristics that make up their body image besides size and shape and learn to eat for health and pleasure, not weight loss. 	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME4A6, ME4C5, ME4C6
	Physical Education	
11-Why We Eat: Understanding Media, Family and Cultural Influences on Food Selections <ul style="list-style-type: none"> Students recognize that food choices are influenced by many factors. They develop strategies to combat advertising to make healthy choices. 	Communication Arts	I2A5, L2A5, R3A5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2B5b, ME3A6
	Physical Education	

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