

6th Grade Show Me Nutrition Digging Deeper Correlation of Objectives, State and National Standards

Lesson 1: Make Your Calories Count

Students will recognize that calorie needs are based on several factors and will be able to explain the difference between high-nutrient and low-nutrient foods.

- **National Health Education Standard 1 – Performance indicator:** *1.8.1 Analyze the relationship between healthy behaviors and personal health. 1.8.4 Describe how family history can affect 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 Expectation: ME1C6**
 - *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; © Growth and Development; (Grade 6) Compare and contrast factors that can affect growth and development which one can alter, enhance or adapt (e.g., heredity, family, environment, physical activity, hormones, disease).*

Lesson 2: Inside the Food Groups

Students will identify foods that are good sources of nutrients needed for growth and development (calcium, iron, folic acid).

- **National Health Education Standard 1 – Performance indicator:** *1.8.1 Analyze 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 Expectation: ME2A6**
 - *(ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 6) Describe and differentiate the contribution specific nutrients make towards growth, repair and cellular needs of the body; fats provide the body with a stored form of energy, warmth and insulation for body organs; carbohydrates provides the body with an immediate source of energy; proteins help the body grow; make muscles strong and repair body tissues; vitamins and minerals help to release energy and help the body fight infections making strong bones and teeth.*

Lesson 3: Strategies to Support a Healthy Body Image

Students will recognize issues related to body image and that many things besides appearance define who they are.

- **National Health Education Standard 7 – Performance indicator:** 7.8.1 *Students will demonstrate healthy practices and behavior that will maintain or improve the health of self and others.*

State of Missouri Health/Physical Education Standards 2 & 5 – Standard 2: *principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)* **Standard 5:** *Methods used to assess health, reduce risk factors and avoid high risk behaviors (such as violence, tobacco, alcohol and drug use)*

- **Missouri Grade Level Expectation: ME2B6, ME3A6, ME1C6**
 - (ME) *Health Maintenance and Enhancement; (2) Nutrition; (B) Balance, Variety and Moderation; (Grade 6) Discuss the misconceptions projected by society in regard to body image.*
 - (ME) *Health Maintenance and Enhancement; (3) Consumer Health and Safety; (A) Media Influence on Health Habits and Decisions; (Grade 6) Recognize that fads, quackery and advertising can influence health behaviors and practices.*
 - (ME) *Health Maintenance and Enhancement; (1) Personal and Family Health; © Growth and Development; (Grade 6) Compare and contrast factors that can affect growth and development which one can alter, enhance, or adapt (e.g., heredity, family, environment, physical activity, hormones, disease).*

Lesson 4: Fit in Fitness

Students will recognize that being physically active has many healthy benefits and increases the amount of calories burned by the body.

- **National Health Education Standard 7 – Performance indicator:** 7.8.1 *Students will demonstrate healthy practices and behavior that will maintain or improve the health of self and others.*
- **State of Missouri Health/Physical Education Standards 4:** *Standard 4: Principles of movement and physical fitness.*
- **Missouri Grade Level Expectation: ME1B6, ME1C6**
 - (ME) *Health Maintenance and Enhancement; (1) Personal and Family Health; (B) Preventive Care; (Grade 6) Identify various health needs during adolescence (e.g., mental, emotional, social, and physical, hygiene).*
 - (ME) *Healthy Maintenance and Enhancement: (1) Personal and Family Health; © Growth and Development; (Grade 6) Compare and contrast factors that can affect growth and development which one can alter, enhance, or adapt (e.g., heredity, family, environment, physical activity, hormones, disease).*

Lesson 5: Be A Smart Shopper

Students will identify factors that influence food choices and analyze food labels to find foods that are sources of power nutrients for teens (calcium, iron and folic acid).

- **National Health Education Standard 2** – Performance indicator: 2.8.5 Analyze how messages from media influence health behaviors.
- **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 Expectation: ME2C6; ME3A6**
 - (ME)Health Maintenance and Enhancement; (2) Nutrition; © Food Labels; (Grade 6) Identify allergy information on food labels.
 - (ME) Health Maintenance and Enhancement; (3) Consumer Health and Safety; (A) Media Influences on Health Habits and Decisions; (Grade 6) Recognize that fads, quackery and advertising can influence health behaviors and practices.

Lesson 6: Safety First: Food Safety in My Kitchen

Students will analyze factors that lead to food spoilage.

- **National Health Education Standard 5 & 7** – Performance indicator: 5.8.4 Distinguish between healthy and unhealthy alternatives to health related issues or problems.
Performance indicators: 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 7.8.3 Demonstrate behaviors to avoid or reduce health risk to self and others.
- **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 drug use).*
- **Missouri Grade Level Expectations:**
 - RA1C6 (RA) Risk Assessment and Reduction: (1) Disease Prevention and Control; © Types of Pathogens and Transmission; (Grade 6) Analyze information about the transmission and prevention of communicable diseases.

Lesson 7: Life in the Fast Lane

Students will recognize that teens that eat breakfast get higher amounts of the power nutrients for teens (calcium, iron and folic acid).

- **National Health Education Standard 6** – Performance indicator: 6.8.3 Apply strategies and skills needed to attain a personal health goal.
- **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: ME2A6; ME1C6**
 - (ME)Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 6) Describe and differentiate the contribution specific nutrients make towards growth repair, and cellular needs of the body; fats provide the body with a stored form of energy, warmth and insulation for body organs;

carbohydrates provides the body with an immediate source of energy; proteins help the body grow, make muscles strong and repair body tissues; vitamins and minerals help to release energy and help the body fight infections making strong bones and teeth.

- *(ME) Health Maintenance and Enhancement; (1) Personal and Family Health; © Growth and Development; (Grade 6) Compare and contrast factors that can affect growth and development which one can alter, enhance, or adapt (e.g., heredity, family, environment, physical activity, hormones, disease).*

5/2012

