

Digging Deeper (6th grade) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
1-Make Your Calories Count <ul style="list-style-type: none"> Students determine that calorie levels are based on age, gender and activity level. They identify high nutrient and low nutrient foods. 	Communication Arts	L2A6
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2A6, ME2E7
2-Inside MyPyramid <ul style="list-style-type: none"> Students identify foods that contain the nutrients needed for adolescent growth and development. 	Physical Education	PA1B8
	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
3-Strategies to Support a Healthy Body Image <ul style="list-style-type: none"> Students develop strategies to support a healthy body image, including emphasizing characteristics other than appearance. 	Health	ME2B6, ME2B7a
	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
4-Fit in Fitness <ul style="list-style-type: none"> Students discuss the health benefits of incorporating physical activity into daily life. 	Physical Education	
	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
5-Be a Smart Shopper <ul style="list-style-type: none"> Students identify the factors that influence food choices. They analyze food labels to find out what foods are good sources of nutrients. 	Health	ME2B7a
	Communication Arts	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
Physical Education		

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
6-Safety First <ul style="list-style-type: none"> Students analyze factors that lead to food spoilage and disease. They learn to pack safe sack lunches and snacks. 	Communication Arts	
	Mathematics	D1A6
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2D7, RA1C6, RA1C8
	Physical Education	
7-Life in the Fast Lane <ul style="list-style-type: none"> Students identify power foods for peak performance and choose healthy snacks. They develop decisions making skills to make healthy fast food choices. 	Communication Art	
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	PA1B6