7th Grade Show Me Nutrition Choices and Challenges
Correlation of Objectives, State and National Standards

Lesson 1: The Dietary Guidelines: What’s New?
Student will be familiar with the current Dietary Guidelines

- **National Health Education Standard 1 & 2** – Performance indicator: 1.1.8. Analyze the relationship between healthy behaviors and personal health. Performance indicator: 2.8.7 Explain how the perception of norms influence healthy and unhealthy behaviors.

- **State of Missouri Health/Physical Education Standard 2** – Standard 2: Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management)

- **Missouri Grade Level Expectations: ME1A7**
  - (ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (A) Personal Health; (Grade 7) Critique personal behaviors and their cause and effect that relate to the following choices: eating breakfast daily; refraining from the use of tobacco and alcohol; sleeping six to eight hours a night; maintaining a healthy weight; daily moderate to vigorous physical activities; making healthy food choices (fruits, vegetables, whole grains, portion sizes).

Lesson 2: Food Safety – It’s A Team Effort
Students will recognize the principles of personal hygiene and sanitation to prevent the spread of food borne illness when shopping for and preparing meals.

- **National Health Education Standard 7** – Performance indicator: 7.8.1 Explain the importance of assuming responsibility personal health behaviors. 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

- **State of Missouri Health/Physical Education Standard 2** – Standard 2: Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management).

- **Missouri Grade Level Expectations: ME2D7, ME1B7**
  - (ME) Health Maintenance and Enhancement; (2) Nutrition; (D) Food handling and Safety; (Grade 7) Apply the four basic rules of food handling (e.g., clean, chill, cook, separate) to different food preparation situation.
  - (ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (B) Preventive Care; (Grade 7) Predict problems that may occur due to insufficient or lack of preventive care for health needs.
Lesson 3: What’s A Body To Do?
Students will recognize the importance of maintaining a healthy body image and understand the health risks of eating disorders.

- **National Health Education Standard 2** – Performance indicator: 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

- **State of Missouri Health/Physical Education Standard 2** – Standard 2: Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management).

- **Missouri Grade Level Expectations: ME1A7, ME2A7, ME2B7**
  - (ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (A) Personal Health; (Grade 7) Critique personal behaviors and their cause and effect that relate to the following choices: eating breakfast daily; refraining from the use of tobacco and alcohol; sleeping six to eight hours a night; maintaining a healthy weight; daily moderate to vigorous physical activities; making healthy food choices (fruits, vegetables, whole grains, portion sizes).
  - (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 7) Apply nutrition knowledge to compare the nutrient contribution of a food to its energy contribution.
  - (ME) Health Maintenance and Enhancement; (2) Nutrition ;( B) Balance, Variety and Moderation; (Grade 7) Evaluate factors that influence food choices (e.g., culture, family, emotions, peers, media) and their impact of nutrition and health. Recognize the symptoms of various eating disorders and proper referral sources.

Lesson 4: Move It
Students will recognize the relationship of fitness to health and the components of physical activity.

- **National Health Education Standard 7** – Performance indicator: 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

- **State of Missouri Health/Physical Education Standard 4** – Standard 4: principles of movement and physical fitness

- **Missouri Grade Level Expectations: ME1D7, ME2E7**
  - (ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (D) Health and Skill Related Fitness; (Grade 7) Distinguish the differences between health and skill related fitness.
Lesson 5: Shop Till You Drop
Students will develop consumer skills for food shopping.

- **National Health Education Standard 3** – **Performance indicators:** 3.8.1 Analyze the validity of health information, products, and services. 3.8.2 Access valid health information from home, school, and community. 3.8.3 Determine the accessibility of products that enhance health.

- **State of Missouri Health/Physical Education Standard 6** – Standard 6: consumer health issues (such as the effects of mass media and technologies on safety and health).

- **Missouri Grade Level Expectations:** ME1A7; ME2A7, ME2B7a
  - (ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (A) Personal Health; (Grade 7) Critique personal behaviors and their cause and effect that relate to the following choices: eating breakfast daily, refraining from the use of tobacco and alcohol; sleeping six to eight hours a night; maintaining a healthy weight; daily moderate to vigorous physical activities; making healthy food choices (nuts, vegetables, whole grains, portion sizes).
  - (ME) Health Maintenance and Enhancement; (2) Nutrition; (A) Essential Nutrients and Food Groupings; (Grade 7) Apply nutrition knowledge to compare the nutrient contribution of a food to its energy contribution.
  - (ME) Health Maintenance and Enhancement; (2) Nutrition; (B) Balance, Variety and Moderation; (Grade 7a) Evaluate factors that influence food choices (e.g., culture, family, emotions, peers, media) and their impact on nutrition and health.

Lesson 6: Now We’re Cooking
Students will recognize healthy food preparation methods.

- **National Health Education Standard 7** – **Performance indicator:** 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

- **State of Missouri Health/Physical Education Standard 2** – Standard 2: Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management.

- **Missouri Grade Level Expectations:** ME2D7, ME2E7

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*Funded in part by USDA SNAP. For more information, call MU Extension’s Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/foodstamp.*
Lesson 7: It’s a Changing World: Current Health Issues for Teens
Students will recognize factors influencing world hunger and strategies to combat world hunger.

- **National Health Education Standard 8** – **Performance indicator:** 8.8.2 Demonstrate how to influence and support to make positive health choices.

- **State of Missouri Health/Physical Education Standard 2** – **Standard 2 Principles and practices of mental and physical health (such as personal health habits, nutrition, stress management).**

- **Missouri Grade Level Expectations: ME1B7, ME3C7**
  - (ME) Health Maintenance and Enhancement; (1) Personal and Family Health; (B) Preventive Care; (Grade 7) Predict problems that may occur due to insufficient or lack of preventive care for health needs.
  - (ME) Health Maintenance and Enhancement; (3) Consumer Health and Safety; © Community services/Careers; (Grade 7) Connect the appropriate resource in the community to determine their role in prevention and treatment of health related problems (e.g., American Cancer Society, March of Dimes, American Health Association).