

Adventures in Nutrition with the Show-Me Chef (K) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
1-Land of Germbusters <ul style="list-style-type: none"> Students go to the Land of Germbusters and learn sanitary practices such as washing hands for an appropriate length of time. 	Communication Arts	R1EK
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2DK, RA1AK
2-Show Me Chef Introduces MyPyramid <ul style="list-style-type: none"> Show Me Chef introduces students to MyPyramid and reads <i>The Very Hungry Caterpillar</i>. 	Communication Arts	R1GK
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2BK
3-Land of Farmers <ul style="list-style-type: none"> Show Me Chef reads <i>The Little Red Hen</i>, and the students learn how to make bread. 	Communication Arts	R1HK
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1AK, ME1DK
4-Land of Rabbits <ul style="list-style-type: none"> Show Me Chef reads <i>Rabbit Food</i> and takes the students to the Land of Rabbits. They help prepare and taste new vegetables. 	Communication Arts	R2CK
	Mathematics	G1AK
	Science	
	Social Studies	
	Fine Arts	
	Health	RA1BK
5-Land of Rainbows <ul style="list-style-type: none"> Show Me Chef takes the students to the Land of Rainbows where they identify fruits by color and associate them with a rainbow. 	Communication Arts	L1AK
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	EP1EK
	Health	ME1A1, ME2BK
Physical Education		

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6-Outer Space <ul style="list-style-type: none"> Show Me Chef takes the students into outer space where they identify different milk foods and discover how milk keeps bones strong and healthy. 	Communication Arts	R2BK
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1AK, ME2BK, ME1DK
	Physical Education	
7-Land of Green Eggs and Ham <ul style="list-style-type: none"> Show Me Chef reads <i>Green Eggs and Ham</i>. The students taste green eggs and ham and discover that it's fun try new foods. 	Communication Art	R1IK
	Mathematics	G1AK
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2BK, ME2DK
	Physical Education	
8-Adventures in Healthy Eating <ul style="list-style-type: none"> Students review the food groups with a tasting party and healthy foods treasure hunt. They recognize that healthy foods come in all sizes and shapes. 	Communication Arts	W1AK
	Mathematics	D1BK
	Science	
	Social Studies	
	Fine Arts	
	Health	ME2BK, ME2DK
	Physical Education	
9-Brushing and Flossing <ul style="list-style-type: none"> Show Me Chef shows the students how to keep their smiles healthy by brushing and flossing regularly. 	Communication Arts	R3CK
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	ME1AK, ME1A2
	Physical Education	