Kindergarten: Show Me Nutrition Adventures in Nutrition with the Show Me Chef
Correlation of Objectives, State and National Standards

Lesson 1 Summary Objectives: Land of the Germbusters
Students recognize germs make us sick and that good sanitary practices can keep germs from spreading. They are able to determine safe food items and recognize not to eat dirty or unsafe food.

- **National Health Education Standard 1- Performance indicator: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME2DK, RA1AK, RA1BK**
  - (ME) Health Maintenance and Enhancement: (2) Nutrition: (D) Food Handling and Safety; (Grade K) Recognize how germs are spread and apply practices to reduce germs in our community (e.g., hand washing, not eating food off, floor, not touching others’ food, wash fruits and vegetables).
  - (RA) Risk Assessment and Reduction: (1) Disease Prevention and Control: (A) Communicable vs. Non-Communicable Diseases; (Grade K) Recognize that germs cause illness and (B) Body Defense and Recovery; (Grade K) Model proper hand washing and hygiene.

Lesson 2 Summary Objectives: Show Me Chef: Introduces MyPlate
Students recognize MyPlate, and that foods come from a variety of sources and in a variety of forms, and recognize physical activity helps keep the body strong.

- **National Health Education Standard 1- Performance indicator: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME1AK, ME1DK, ME2BK**
  - (ME) Health Maintenance and Enhancement: (1) Personal and Family Health: (A) Personal Health; (Grade K) Identify behaviors that keep a person healthy (e.g., physical activity, sleep, good nutrition, clothing, hygiene) and (D) Health and Skill Related Fitness; (Grade K) Recognize that active play makes people strong and healthy.  (2) Nutrition: (B) Balance, Variety and Moderation; (Grade K) Recognize we need a variety of foods each day.

Lesson 3 Summary Objectives: Land of the Farmers
Students recognize that bread come from grain, can identify several grain foods, and recognize that grains helps us have energy to run and play.

- **National Health Education Standard 1- Performance indicator: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME1AK, ME1DK, ME2BK
- (ME) Health Maintenance and Enhancement: (1) Personal and Family Health: (A) Personal Health; (Grade K) Identify behaviors that keep a person healthy (e.g., physical activity, sleep, good nutrition, clothing, hygiene) and (D) Health and Skill Related Fitness; (Grade K) Recognize that active play makes people strong and healthy. (2) Nutrition: (B) Balance, Variety and Moderation; (Grade K) Recognize we need a variety of foods each day.

Lesson 4 Summary Objectives: Land of the Rabbits
Students recognize a variety of vegetables and recognize they help us grow, keep us healthy, and help us see in the dark. Students also recognize that germs make us sick and that good sanitary practices can keep germs from spreading.
- National Health Education Standard 1 - Performance indicator: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME1AK, ME1DK, ME2BK, RA1AK, RA1BK
  - (ME) Health Maintenance and Enhancement: (1) Personal and Family Health: (A) Personal Health; (Grade K) Identify behaviors that keep a person healthy (e.g., physical activity, sleep, good nutrition, clothing, hygiene) and (D) Health and Skill Related Fitness; (Grade K) Recognize that active play makes people strong and healthy and (2) Nutrition: (B) Balance, Variety and Moderation; (Grade K) Recognize we need a variety of foods each day.
  - (RA) Risk Assessment and Reduction: (1) Disease Prevention And Control (A) Communicable vs. Non-Communicable Diseases; (Grade K) Recognize that germs cause illness and (B) Body Defenses and Recovery; (Grade K) Model proper hand washing and hygiene.

Lesson 5 Summary Objectives: Land of the Rainbows
Students recognize a variety of fruits and recognize that fruits keep us healthy, help us to grow, and help heal cuts. They also recognize that germs make us sick and that good sanitary practices can keep germs from spreading.
- National Health Education Standard 1 - Performance indicator: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME2BK, RA1AK, RA1BK
(ME) Health Maintenance and Enhancement: (2) Nutrition: (B) Balance, Variety and Moderation; (Grade K) Recognize we need a variety of foods each day.

(RA) Risk Assessment and Reduction: (1) Disease Prevention And Control (A) Communicable vs. Non-Communicable Diseases; (Grade K) Recognize that germs cause illness and (B) Body Defenses and Recovery; (Grade K) Model proper hand washing and hygiene.

Lesson 6 Summary Objectives: Outer Space
Students identify cows as a source of milk and other dairy products like cheese and yogurt, and recognize milk and other dairy products keep us healthy, help us grow, and help our bones and teeth become strong. Students also relate that germs make us sick and that good sanitary practices can keep germs from spreading.

- **National Health Education Standard 1- Performance indicator**: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME2BK, ME2DK, RA1AK, RA1BK**
  - (ME) Health Maintenance and Enhancement: (2) Nutrition: (B) Balance, Variety and Moderation; (Grade K) Recognize we need a variety of foods each day and (D) Food Handling and Safety; (Grade K) Recognize how germs are spread and apply practices to reduce germs in our community (e.g., hand washing, not eating food off, floor, not touching others’ food, wash fruits and vegetables).
  - (RA) Risk Assessment and Reduction: (1) Disease Prevention And Control (A) Communicable vs. Non-Communicable Diseases; (Grade K) Recognize that germs cause illness and (B) Body Defenses and Recovery; (Grade K) Model proper hand washing and hygiene.

Lesson 7 Summary Objectives: Land of Green Eggs and Ham
Students recognize where a variety of protein foods come from and recognize the foods in the Protein Foods Group help us grow, keep us healthy, and help us have strong muscles. Students know that germs make us sick and that good sanitary practices can keep germs from spreading.

- **National Health Education Standard 1- Performance indicator**: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME2BK, ME2DK, RA1AK, RA1BK**
  - (ME) Health Maintenance and Enhancement: (2) Nutrition: (B) Balance, Variety and Moderation; (Grade K) Recognize we need a variety of foods each day and (D) Food Handling and Safety; (Grade K) Recognize how germs are spread and
apply practices to reduce germs in our community (e.g., hand washing, not eating food off, floor, not touching others’ food, wash fruits and vegetables).

- (RA) Risk Assessment and Reduction: (1) Disease Prevention And Control (A) Communicable vs. Non-Communicable Diseases; (Grade K) Recognize that germs cause illness and (B) Body Defenses and Recovery; (Grade K) Model proper hand washing and hygiene.

Lesson 8 Summary Objectives: Adventures in Healthy Eating
Students recognize that food comes from a variety of sources and in a variety of forms and shapes. They recognize we need to eat a variety of foods each day and recognize MyPlate.

- **National Health Education Standard 1** - Performance indicator: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME2BK**
  - (ME) Health Maintenance and Enhancement: (2) Nutrition: (B) Balance, Variety and Moderation; (Grade K) Recognize we need a variety of foods each day.

Lesson 9 Summary Objectives:
Students recognize the importance of dental health and brushing ones teeth regularly.

- **National Health Education Standard 1** - Performance indicator: 1.2.1 Identify that healthy behaviors impact 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 Expectations: ME1AK**
  - (ME) Health Maintenance and Enhancement: (1) Personal and Family Health: (A) Personal Health; (Grade K) Identify behaviors that keep a person healthy (e.g., physical activity, sleep, good nutrition, clothing, hygiene).

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