

## Grade PreK –Show Me Nutrition Let’s Read about Healthy Eating Correlation of Objectives, State and National Standards

### Lesson 1 Summary Objectives: Germs, Germs, Germs

Students recognize germs make us sick and that washing hands can help get out rid of germs.

- **National Health Education Standard 7- Performance indicator:** *Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.*
- **State of Missouri Health/Physical Education Standard 2:** *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation: ME2DK,RAIAK, RAIBK**
  - *(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 Objective: Bread, Bread, Bread

Students recognize a variety of different breads and learn that Grain Group foods give us energy to run and play.

- **National Health Education Standard 1- Performance indicator:** *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- **State of Missouri Health/Physical Education Standard 2:** *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*

### Lesson 3 Summary Objective: A Very Purple Pepper

Students will recognize a variety of vegetables and learn that vegetables help us grow and stay healthy.

- **National Health Education Standard 1** Performance indicator: *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- **State of Missouri Health/Physical Education Standard 2**: *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*

#### **Lesson 4 Summary Objective: Eating the Alphabet**

**Students will recognize a variety of fruits and vegetables and learn that fruits and vegetables help us grow and stay healthy.**

- **National Health Education Standard 1** Performance indicator: *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- **State of Missouri Health/Physical Education Standard 2**: *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*

#### **Lesson 5 Summary Objective: From Grass to Milk**

**Students will learn that dairy and dairy foods come from cows. They will recognize a variety of dairy products and learn that dairy helps us have strong bones and teeth.**

- **National Health Education Standard 1** Performance indicator: *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- **State of Missouri Health/Physical Education Standard 2**: *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different*

groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).

**Lesson 6 Summary Objective: It's a Sandwich**

**Students will recognize a variety of foods from the Meat & Beans Groups. Students will learn that foods from the Meat & Bean Group help us build strong muscles so we can run and play.**

- **National Health Education Standard 1 Performance indicator:** *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- **State of Missouri Health/Physical Education Standard 2:** *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*

**Lesson 7 Summary Objective: Bread and Jam for Francis**

**Students will understand that to grow and be strong, they should eat a variety of foods each day.**

- **National Health Education Standard 1 Performance indicator:** *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- **State of Missouri Health/Physical Education Standard 2:** *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*

**Lesson 8 Summary Objective: From Wheat to Pasta**

**Students will recognize a variety of foods from the Grain Group and learn that grain foods give us energy to run and play.**

- **National Health Education Standard 1 Performance indicator:** *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*

- **State of Missouri Health/Physical Education Standard 2:** *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*

**Lesson 9 Summary Objective: Jody's Beans**

*Students will recognize a variety of beans and learn that foods from the Protein Foods Group help us build strong muscles so we can run and play.*

- **National Health Education Standard 1 Performance indicator:** *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- **State of Missouri Health/Physical Education Standard 2:** *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*

**Lesson 10 Summary Objective: Little Rabbit's Loose Tooth**

*Students will learn about dental health and the normal process of losing teeth.*

- **National Health Education Standard 7 - Performance indicator:** *Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.*
- **State of Missouri Health/Physical Education Standard 2:** *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**
  - *(ME) Health Maintenance and Enhancement: (1) Personal and Family Health; (A) Personal Health; (Grade 1) Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene).*

**Lesson 11 Summary Objective: Handa's Surprise**

*Students will recognize a variety of fruits and learn that fruit helps us grow and be healthy.*

- **National Health Education Standard 1 - Performance indicator:** *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- **State of Missouri Health/Physical Education Standard 2:** *Standard 2: principles and practices of physical and mental health.*
- **Missouri Grade Level Expectation ME2A1b**  
*(ME) Health Maintenance and Enhancement: (2) Nutrition; (A) Essential Nutrients and Food Grouping (Grade 1b) Recognize that foods fit into different groups and that different amounts are needed from each food group for healthy eating (e.g., grains, fruits, vegetables, dairy, beans, meats).*

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