



Kindergarten Curriculum

State of Missouri Education Standards

Lesson 1: Land of the Germbusters

Students go on their first adventure to the Land of the Germbusters. The emphasis is on sanitary practices such as washing hands for an appropriate length of time. They meet Fight BAC puppet BAC. (Show-Me Standard IIIA: 4a)

Lesson 2: Show Me Chef Introduces MyPyramid

Show Me Chef introduces students to MyPyramid and reads *The Very Hungry Caterpillar*. The students taste a variety of healthy and delicious foods from each of the food groups. (Show-Me Standard IIB: 1a)

Lesson 3: Land of the Farmers

Show Me Chef reads *The Little Red Hen* and the students learn how to make bread. They also learn that grain foods give the body energy. (Show-Me Standard IIB: 2a)

Lesson 4: Land of Rabbits

Show Me Chef reads *Rabbit Food* and takes the students to the Land of the Rabbits, where they meet John Rabbit and Uncle Bunny. Uncle Bunny learns that trying new foods is fun and students learn that vegetables help us see in the dark. Students taste vegetables with Bunny Dip. (Show-Me Standard IIB: 2a)

Lesson 5: Land of Rainbows

Show Me Chef takes the students to the Land of Rainbows, where they meet Happy the Leprechaun and learn that fruits come in every color of the rainbow. They learn that fruit helps heal cuts. (Show-Me Standard IIB: 2a)

Lesson 6: Outer Space

Show Me Chef takes the students into outer space, where they learn about different milk foods and how milk helps keep bones strong and healthy. Students are physically active while they learn the “Astronaut Training Song.” (Show-Me Standard IIB: 1a, 2a)

Lesson 7: Land of Green Eggs and Ham

Show Me Chef reads *Green Eggs and Ham*. The students taste green eggs and ham and learn that it’s fun to try new foods. They learn about many foods from the Meat & Beans Group and the importance of washing hands after touching raw eggs is stressed. (Show-Me Standard IIB: 1a, 2a)

Lesson 8: Adventures in Healthy Eating

Students learn that healthy foods come in all sizes and shapes as they review food groups by having a tasting party and a healthy foods treasure hunt. (Show-Me Standard IIB: 1b, 2a)

Lesson 9: Brushing and Flossing

Show Me Chef shows the students how to keep their smiles healthy by brushing and flossing regularly. (Show-Me Standard IIA: 1a, 3a)



First-Grade Curriculum

State of Missouri Education Standards

Lesson 1: MyPyramid Primer

Students are introduced to MyPyramid and eating a variety of foods. They learn that physical activity is fun, it's good to stretch and hand washing gets rid of germs. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a)

Lesson 2: Great Grains

Students learn that grains are for go! They begin to build meals by drawing grains they would like to eat. A food safety activity demonstrates how germs are spread. A physical activity teaches them that it's healthy to move and make their hearts beat faster. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a)

Lesson 3: Victorious, Glorious Vegetables

Students learn about a variety of vegetables and why it is important to wash fresh vegetables before eating them. They practice asking for healthy foods and taste fresh vegetables. A physical activity lets them have fun while they move. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)

Lesson 4: Fabulous Fruits

Students learn about fruit and wrapping food to keep it safe. Activities include tasting fresh fruit and learning about television commercials. A physical activity gets them moving. (Show-Me Standard IIA: 1a, 2a; IIB: 2a; IIC: 1a)

Lesson 5: Magnificent Milk

Students learn that milk foods and physical activity work together to make healthy bones. Activities include tasting cheese and learning how to store food properly to keep it safe. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)

Lesson 6: Marvelous Meat and Bountiful Beans

Students discover foods from the Meat & Beans Group that are from both animal and plant sources. They learn about the importance of these foods and physical activity for building muscles. A short skit teaches basic food safety and an optional food safety video is also listed. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)

Lesson 7: MyPyramid Power

Students learn about eating oils, fats and sugars in moderation. After learning about each food group throughout the lessons, they finish building their meals on their plates. A fun game provides a review of all the lessons. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a; IIC: 1a)



Second-Grade Curriculum

State of Missouri Education Standards

Lesson 1: I Spy MyPyramid

A fun introduction to MyPyramid and physical activity. Students learn that eating a variety of foods and staying active helps them stay healthy. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a)

Lesson 2: I Spy Grains

Students learn that grains are the foundation of a healthy diet. They learn about eating more whole grains. Students learn that grains provide energy for growing, playing and learning. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a)

Lesson 3: I Spy Vegetables

Students learn why vegetables are healthy and that it is fun to try new ones. They participate in a physical activity that gets their hearts beating faster and learn that exercise is healthy. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)

Lesson 4: I Spy Fruits

Students learn why fruit is healthy and that it is fun to try new ones. They learn the difference between regular television programming and commercials, and they learn that commercials are designed to make products look appealing. A physical activity gets the students moving. (Show-Me Standard IIA: 1a, 2a; IIB: 2a; IIC: 1a)

Lesson 5: I Spy Milk

Students learn that foods made from milk work together with physical activity to make healthy bones. The activities include tasting yogurt. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)

Lesson 6: I Spy Meat & Beans

Students discover foods from the Meat & Beans Group, from both animal and plant sources. They learn that bodies come in all shapes and sizes and that some activities, like swimming, can stretch muscles and get the heart beating faster. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)

Lesson 7: MyPyramid Power

Students learn that eating from all the food groups in MyPyramid is healthy. A fun game provides a review of all the lessons. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a; IIC: 1a)



Third-Grade Curriculum

State of Missouri Education Standards

Lesson 1: Getting to Know MyPyramid

Students gain an understanding of the basic principles of nutrition and how nutrition and health are interrelated. (Show-Me Standard IIB: 1a, 1b, 3a)

Lesson 2: Cue in on Health

Students will be able to identify and discuss personal behaviors that can enhance the health of an individual and reduce the chances of disease, including balanced nutrition, good posture, moderate exercise, and cleanliness in food handling. The importance of regular physical activity and balanced nutrition are taught to students as prime contributors to health maintenance and enhancement. (Show-Me Standard IIA: 1a, 2b, IIB: 3a)

Lesson 3: Messages from MyPyramid – Variety, Balance and Moderation

Students gain an understanding in variety, balance and moderation of diet, which will enhance and promote health. They will be able to make informed decisions regarding food choices based on their understanding of variety, balance and moderation. (Show-Me Standard IIB: 2a.)

Lesson 4: The Truth about Advertising

Students gain an understanding of the media's influence on health habits and decisions. They will be able to interpret how the media can influence consumer decisions regarding health practices and products. (Show-Me Standard IIC: 1a)

Lesson 5: Food Safety – Fight Food Poisoning

Students will be able to identify and discuss how personal behaviors can enhance health and reduce the risk of disease. (Show-Me Standard IIA: 1a)

Lesson 6: Steps to a Healthier You

A comprehensive review of the previous five lessons. This lesson reinforces all concepts regarding balanced nutrition, physical activity, healthy food choices, interpreting the media, and food safety. (Show-Me Standard IIA: 1a, 2b, IIB: 1a, 1b, 3a, IIC: 1a)



Fourth-Grade Curriculum

State of Missouri Education Standards

Lesson 1: Serve Up Your Grains, Vegetables and Fruits

A review of the recommended amounts of grains, vegetables and fruits from MyPyramid to eat each day and the main nutrients found in these groups. (Show-Me Standard IIB: 1a, 1b, 2a)

Lesson 2: Serve Up Your Milk, Meat & Beans

A review of the recommended amounts of milk and foods from the Meat & Beans Group from MyPyramid to eat each day and the main nutrients found in these groups. (Show-Me Standard IIB: 1a, 1b, 2a)

Lesson 3: How Our Bodies Digest Food

Includes information and activities on the anatomy of the digestive system and how the body uses the system to absorb nutrients obtained from food. (Show-Me Standard IA: 3a, 9)

Lesson 4: What's on a Label?

Introduces label reading and how healthy choices can be made by using this information. (Show-Me Standard IIC: 2a)

Lesson 5: A Closer Look at the Nutrition Facts Panel

Describes how to use the Nutrition Facts Panel to assess the nutrients in food. (Show-Me Standard IIC: 2a)

Lesson 6: Your Day Starts with Breakfast

Includes information and activities on the importance and benefits of eating breakfast and the importance of eating foods high in iron and vitamin C. (Show-Me Standard IIB: 2a)

Lesson 7: Healthy Choices Eating Out

Describes how to make healthy choices when eating out and planning healthy meals. (Show-Me Standard IIB: 2a)

Lesson 8: Keeping Food Safe to Eat

Includes information and activities on time and temperature limits necessary to prevent foodborne illnesses. (Show-Me Standard IIA: 1a, with a focus on cleanliness in food handling)

Lesson 9: A Healthy Body Image

Includes information and activities that analyze the role that social influences (media messages, family members and peers) have on healthy body image. (Show-Me Standard IIC:1a)

Lesson 10: Media Literacy

A review of how media can influence health and how product placement is used to influence purchasing. (Show-Me Standard IIC: 1a)

Lesson 11: Hunger

Includes information and activities that explore the prevalence of hunger and the effects of hunger on human health. (Show-Me Standard IIB: 4a, with a focus on food availability)



Fifth-Grade Curriculum

State of Missouri Education Standards

*The **Exploring MyPyramid** curriculum encourages children to eat a variety of foods from each food group. They learn to store and prepare foods safely. The importance of physical activity, body acceptance and food choices are addressed.*

Lesson 1: Let's Go Exploring

Students learn that foods are categorized into food groups based on the nutrients they contain. They learn to choose and prepare healthy meals using a variety of foods. (Show-Me Standards IIB: 1b, 2a, 2b, 3a, 4a)

Lesson 2: Be Food Safe

Students learn about basic food safety, including why food spoils and how proper storage and preparation can prevent spoilage. The Fight BAC Standards (clean, chill, separate and cook) are stressed. (Show-Me Standards IIIA: 1a)

Lesson 3: Be a Cool Consumer: Learning to use Food Labels

The Nutrition Facts Panel and ingredient list contain a wealth of nutrition information. Students learn how to interpret food labels to know exactly what they are buying. (Show-Me Standards IIB: 8a)

Lesson 4: Choose Whole Grains

Grains, especially whole grains, are an important source of fiber, B vitamins, iron, magnesium and sodium. Students play ***Breakfast Food Feud***, an activity that emphasizes the importance of a healthy breakfast. (Show-Me Standards IIB:1a, 2b)

Lesson 5: Vegetables: Go for the Colors

Students learn that vitamin A, vitamin C, potassium and folate are key nutrients in the vegetable group. The importance of fiber is addressed as students learn about low-fat, tasty ways to eat veggies. (Show-Me Standards IIB: 1a, 2b)

Lesson 6: Fruits: Fresh, Frozen, Canned and Dried will Do

Vitamin C, potassium and folate are key nutrients in the fruit group. Students get “fired up” about fiber and learn a variety of ways to incorporate fruit into their breakfasts. (Show-Me Standards IIB: 1b; IIB: 1b, 2b, 3a)

Lesson 7: Feed Your Bones with High-Calcium Foods

Calcium is the key nutrient in milk, and students learn how important it is for strong bones and teeth. They learn that low-fat dairy products contain just as much calcium as full-fat versions. The relationship between weight-bearing exercise and strong bones is addressed. (Show-Me Standards IIB: 1b, 2a, 3a, 4a)

Lesson 8: Go Lean with Meat & Beans

Protein and iron are the key nutrients in the Meat & Beans Group. Students learn why these nutrients are crucial to preteen growth and development. Both plant and animal sources of protein are discussed. Students learn to make low-fat choices from the Meat & Beans Group. (Show-Me Standards: IIB:1a, 1b, 4a, 5a, 6a)



Lesson 9: MyPyramid Power: Healthy Choices for Winners

MyPyramid is a guide to healthy food choices. Students learn to limit their intake of foods high in fat and sugar. Choosing healthy snacks is emphasized. (Show-Me Standards: IIB: 1a, 1b, 4a, 5a, 6a)

Lesson 10: Healthy Body Image

Many characteristics make up our body image besides size and shape. Learning to eat for health and pleasure, not weight loss, is emphasized. (Show-Me Standards: IIB: 7a)

Lesson 11: Why We Eat: Understanding Media, Family and Cultural Influences on Food Selections

Students learn that food choices are influenced by many factors, including family, friends and advertising. They learn to develop strategies to combat advertising and make healthy food choices based on facts. (Show-Me Standards: IIC: 2a, 3a)



Sixth-Grade Curriculum

State of Missouri Education Standards

*The **Digging Deeper** curriculum is a comprehensive nutrition and fitness curriculum that uses hands-on activities that relate to things that interest preteens and teens, such as appearance and fitting in with their peers. Issues for preteens, such as getting enough calcium and making healthy fast-food choices, are covered in a kid-friendly format. Since sixth-graders are beginning to make more food choices, shop for food and cook meals, lessons also cover planning healthy meals using MyPyramid, shopping, food safety and food preparation.*

Lesson 1: Make Your Calories Count

Students learn that calorie levels are based on age, gender and activity level, and they learn the difference between high-nutrient and low-nutrient foods. (Show-Me Standard IIB: 2a, 4a)

Lesson 2: Inside MyPyramid

Students learn to choose foods that contain the nutrients needed for adolescent growth and development (calcium, iron and folic acid). (Show-Me Standard IIB: 1b, 2a, 2b, 3a, 5a)

Lesson 3: Strategies to Support a Healthy Body Image

Students learn how to develop strategies to support a healthy body image, including emphasizing characteristics other than appearance. (Show-Me Standard IB: 1a, 2a; IIA: 1a, 1b; IIB: 4a, 7a; IIIA: 6a)

Lesson 4: Fit in Fitness

Students learn the health benefits of incorporating physical activity into everyday life. (Show-Me Standard IIIA: 7a; VA: 6a)

Lesson 5: Be a Smart Shopper

Helps students identify the factors that influence food choices. Also covers analyzing food labels to find out which foods are good sources of calcium, iron and folic acid. (Show-Me Standard IIB: 8a; IIC: 2a, 3a)

Lesson 6: Safety First

Students learn good hygiene techniques to prevent the spread of disease, learn to pack safe sack lunches and snacks, and learn food safety techniques for the home kitchen. (Show-Me Standards IIIA: 1a)

Lesson 7: Life in the Fast Lane

Students learn power foods for peak performance, discover healthy snacks and develop decision-making skills through making fast-food choices. (Show-Me Standard: IIB: 5a, 6a)



Seventh- and Eighth-Grade Curriculum

State of Missouri Education Standards

Choices and Challenges is a nutrition curriculum designed to help teens weigh their options and make healthy lifestyle choices. Hands-on activities help teens learn to deal with issues like body image, what to eat at fast-food restaurants, and planning a vegetarian diet consistent with MyPyramid. Each lesson includes a fitness break and snack ideas. *Choices and Challenges* incorporates the Show-Me Standards for Missouri students.

Lesson 1: The 2005 Dietary Guidelines: What's New?

Students learn to use the dietary guidelines to evaluate their own meals and physical activity habits and develop a healthy living plan that is right for them. Playing Name That Guideline helps them apply the dietary guidelines to real-life situations. The link between lifestyle and chronic disease is emphasized. (Show-Me Standards IIA: 1a, 2a; IIIA: 7a)

Lesson 2: Food Safety – It's a Team Effort

Safe food handling begins with good personal hygiene to prevent the spread of disease. Students learn to apply the principles of food safety to prepare safe meals and snacks for themselves and their families. They learn to report unsafe food practices in local establishments to the proper agencies. (Show-Me Standards IB: 7a; IIIA: 1a)

Lesson 3: What's a Body to Do?

Students practice critical thinking and decision-making skills to help themselves and others maintain a healthy body image and avoid eating disorders. (Show-Me Standards IB: 1a, 2a; IIB: 7a; IIIA: 6a)

Lesson 4: Move It

Helps students understand the relationship between physical activity and a healthy body weight. They learn to incorporate endurance-, flexibility- and strength-building activities into their daily routine. (Show-Me Standards IIIA: 7a; VA: 6b, 6c)

Lesson 5: Shop Till You Drop

Students learn about reading nutrition labels and comparing unit prices to get the most nutrition for their money as they shop for food. An overview of advertising and marketing helps them avoid emotional impulse buying and make sound decisions. (Show-Me Standards IIB: 8a; IIC: 2a, 3a)

Lesson 6: Now We're Cooking

Students learn to use healthy food preparation methods and practice modifying recipes. Because eating out is a given for today's busy teens, they practice critical thinking skills to help them make healthy food choices, including avoiding super-sized portions. (Show-Me Standards IIB:5a)

Lesson 7: It's a Changing World: Current Health Issues for Teens

Teens are beginning to understand their roles and responsibilities within a culturally diverse world. They research issues like world hunger and practice planning vegetarian diets that are consistent with the MyPyramid. (Show-Me Standards IB: 6a)