## Lesson and Summary

### 1-My Pyramid Primer
- Students are introduced to MyPyramid and eating a variety of foods. They learn that physical activity is fun and that hand washing gets rid of germs.

### 2-Great Grains
- Students begin to build meals by drawing grains they would like to eat. A food safety activity demonstrates how germs are spread.

### 3-Victorious, Glorious Vegetables
- Students are introduced to a variety of vegetables and recognize that it is important to wash fresh vegetables before eating them. They practice asking for healthy foods and taste fresh vegetables.

### 4-Fabulous Fruits
- Students discover that eating a variety of fruits helps us stay healthy. They taste fresh fruit and learn about television commercials.

### 5-Magnificent Milk
- Students recognize that milk foods and physical activity work together to make healthy bones. Activities include tasting cheese and practicing how to store food properly to keep it safe.

### Content Area | Grade Level Expectation (GLE)
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Communication Arts | L1A1
Mathematics | 
Science | 
Social Studies | 
Fine Arts | 
Health | ME1A1b, ME2C1, ME2D1, RA1B1
Physical Education | 
Communication Arts | L2A1
Mathematics | 
Science | 
Social Studies | 
Fine Arts | PP3C1
Health | FS1E1, ME2E1
Physical Education | PA1C1
Communication Arts | L2B1
Mathematics | 
Science | 
Social Studies | 
Fine Arts | PP3C1
Health | ME2D1
Physical Education | PA1A1
Communication Arts | IA21
Mathematics | 
Science | 
Social Studies | 
Fine Arts | 
Health | ME2D1, RA1B1
Physical Education | 
Communication Arts | L1A1
Mathematics | 
Science | 
Social Studies | 
Fine Arts | PP3C1
Health | ME2D1
Physical Education |
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<th>Lesson and Summary</th>
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<th>Grade Level Expectation (GLE)</th>
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<tbody>
<tr>
<td><strong>6-Marvelous Meat and Bountiful Beans</strong></td>
<td>Communication Arts</td>
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<td>• Students discover that foods from the Meat &amp; Beans Group are from both animal and plant sources. They learn about the importance of these foods and physical activity for building muscle.</td>
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<td><strong>7-MyPyramid Power</strong></td>
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<td>• Students learn about eating oils, fats and sugars in moderation. After reviewing each food group, students build a meal on their plate.</td>
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