Students use the MyPyramid to plan and choose meals from all the food groups. They are encouraged to start the day with breakfast. They learn to pay attention to body cues to help them know when they have eaten and exercised enough. There is also a family newsletter that can be reproduced and sent home to help families make healthy choices.

**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)

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