Choosing Foods for Me
Fourth Grade

Students learn the recommended amounts of food to eat from MyPyramid daily. They use food labels to make healthy food choices, and how to make healthy choices when eating out. They analyze how social influences like family, media, peers and coaches affect body image and learn that physical activity is part of a healthy lifestyle. There is also a family newsletter that can be reproduced and sent home to help families make healthy choices.

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)

Material funded in part by USDA's Food Stamp Program

University of Missouri Extension does not discriminate on the basis of race, color, national origin, sex, religion, age, disability or status as a Vietnam-era Veteran in employment or programs.