Exploring MyPyramid
Fifth Grade

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. There is also a family newsletter that can be reproduced and sent home to help families make healthy choices.

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 II-B: 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)

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