

Colorado State University Extension EFNEP is currently offering the University of Missouri Extension *Show Me Nutrition* - 3rd Grade “Building My Body”

Comprehensive nutrition curriculum

Show Me Nutrition teaches youth from preschool through junior high how to have a healthy lifestyle.

- Several important health themes are taught in each grade level, such as nutrition, food safety, physical activity, media influence and body image.
- Age-appropriate content, activities and handouts make learning about healthy eating fun for students in all grade levels.
- Each curriculum includes handouts to reinforce lesson content with families and caregivers.
- The preschool through fifth grade curricula include family newsletters that help family members and caregivers support learning from each grade level.

An evidence-based approach to nutrition education

Show Me Nutrition integrates the best research evidence, based on the 2010 Dietary Guidelines, with the best practice-based evidence. It uses meaningful interventions from the target audience based on more than 20 years of program delivery in Missouri. Behaviorally-focused activities engage students in the classroom and they have opportunities to taste both unfamiliar and familiar foods that are prepared in new ways.

http://extension.missouri.edu/fnep/evidencebase/SMN_Evidencebase2014.pdf

Show Me Nutrition 3rd Grade Curriculum- “Building MyBody”

Students use MyPlate to plan meals and choose foods from all the food groups. They are encouraged to start the day with breakfast and learn to pay attention to body cues that help them know when they have eaten and exercised enough.

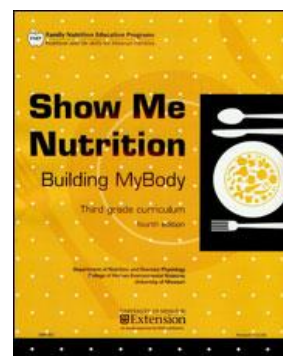
Upon completion of a minimum of eight lessons of the Building MyBody curriculum, students should be able to meet the following National Health Education Standards for Grade 3:

Health Education Standards 1-8

- Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Students will demonstrate the ability to access valid information, products, and services to enhance health.
- Students will demonstrate the ability to use interpersonal skills to enhance health and avoid or reduce health risks.
- Students will demonstrate the ability to use decision-making skills to enhance health.
- Students will demonstrate the ability to use goal-setting skills to enhance health.
- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Students will demonstrate the ability to advocate for personal, family, and community health.

Evaluation Tool

Developed by CSU Extension EFNEP state office utilizing approved questions from National EFNEP Youth Evaluation Committee.



CSU Extension EFNEP
Show Me Nutrition - 3rd Grade “Building My Body”

Lesson 1: Getting to Know MyPlate

- Choosing to eat healthy foods and be physically active everyday
- MyPlate and the food groups
- What's the function of your food?
 - o Energy from food – calories
 - o 6 essential nutrients

Lesson 2: Carbohydrates

- Planning healthy meals and snacks using MyPlate
- Carbohydrates for energy

Lesson 3: Protein & Fats

- The power of protein
- Fat facts

Lesson 4: Food Safety

- Preventing foodborne illness
- Handling and storing foods safely
- Important food temperatures

Lesson 5: Vitamins & Minerals

- Reading the nutrition facts label
- Percent of daily value
- Valuable vitamins
- Mighty minerals

Lesson 6: Water

- Wonderful water
- Biological functions of water
- Think before you drink beverage comparison
 - o Limiting sugar sweetened-beverages

Lesson 7: Digestion

- Anatomy of the digestive system
- Types of tastes
- Body cues for physical activity and hunger/satiety

Lesson 8: Delicious Decisions

- A plate full of nutrients
- Variety, balance and moderation
- Whole grains