

# State of Colorado Third Grade Academic Standards Addressed in the “Show Me Nutrition” - Building My Body Curriculum

## Reading, Writing, and Communication

Academic Standard	Example from Building My Body
<b>Oral Expression and Listening</b>	<p><i>Ex: Activities needing the cooperation of everyone</i></p> <ul style="list-style-type: none"> <li>• <b>Multiple lessons:</b> Partner and small group discussions and activities are presented throughout the curriculum. Students are encouraged to share thoughts and work cooperatively to complete tasks.</li> </ul> <p><i>Ex: Defining and practicing using health and nutrition-related vocabulary words.</i></p> <ul style="list-style-type: none"> <li>• <b>Lesson 1:</b> Names and functions of essential nutrients (carbohydrates, fats, protein, minerals, vitamins, and water) and the concept of calories.</li> <li>• <b>Lesson 5:</b> Interpreting food labels and the concept of “percent of daily value.”</li> <li>• <b>Lesson 7:</b> Anatomical terms related to digestion (i.e. esophagus, stomach, small intestine, and large intestine).</li> <li>• <b>Lesson 8:</b> Use of the terms “variety”, “moderation”, and “balance” as related to nutrition and physical activity.</li> </ul>
<b>Reading for All Purposes</b>	<p><i>Ex: Reading and analyzing within the activity</i></p> <ul style="list-style-type: none"> <li>• <b>Multiple lessons:</b> Students read various food package labels and interpret nutrition and proper handling, cooking, and storage information.</li> </ul>

## Mathematics

Academic Standard	Example from Building My Body
<b>Number Sense, Properties and Operations</b>	<p><i>Ex: Recognizing and understanding information on food labels</i></p> <ul style="list-style-type: none"> <li>• <b>Lessons 3, 5, 6, and 8:</b> Students recognize and make decisions based on information on food labels.</li> </ul>
<b>Data Analysis, Statistics, and Probability</b>	<p><i>Ex: Food and liquid measuring activities</i></p> <ul style="list-style-type: none"> <li>• <b>Lessons 3, 4, and 8:</b> Students perform calculations to measure calories and/or grams of nutrients per serving for food items.</li> </ul>

## Comprehensive Health

Academic Standard	Example from Building My Body
<b>Physical and Personal Wellness in Health</b>	<i>Ex: Lessons on the digestive system</i> <ul style="list-style-type: none"><li>• <b>Lesson 6:</b> Students learn the important biological functions of water in the digestive process.</li><li>• <b>Lesson 7:</b> Lesson includes activities on the movement of food through the digestive system, hunger and satiety cues, taste, and how food is broken down.</li></ul>

## Physical Education

Academic Standard	Example from Building My Body
<b>Movement Competence &amp; Understanding in Physical Education</b>	<i>Ex: Lessons involving movement and physical activity</i> <ul style="list-style-type: none"><li>• <b>Lesson 2:</b> Introduces the current Youth Physical Activity Guidelines (issued by U.S. Department of Health &amp; Human Services). Lesson defines and demonstrates aerobic, muscle-strengthening, bone-strengthening activity recommendations.</li><li>• <b>Multiple lessons:</b> Activities presented throughout the curriculum incorporate a variety of physical activities such as walking, jogging, and dancing.</li></ul>

## Science

Academic Standard	Example from Building My Body
<b>Physical Science and Life Science</b>	<i>Ex: Understanding the properties of matter</i> <ul style="list-style-type: none"><li>• <b>Lesson 4:</b> Students learn about food storage and safety.</li></ul>