

3-4 Kansas Science Standards Matched With Exploring the Food Guide Pyramid with Professor Popcorn

Grade 3

Lesson/Activity	Standard
Lesson 1: Exploring the Pyramid Piece by Piece	
1. Preprogram Evaluation	N/A
2. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u>
3. The Food Guide Pyramid	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods contribute to health</u>
4. Why Do We Eat?	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>*Standard 3, Benchmark 1, Indicator 1: Discuss that living things need air, water and food</u> <u>Standard 6, Benchmark 1, Indicator 2: Assume some responsibility for their own health.</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods contribute to health</u>
5. Why Do we Eat What We Eat?	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods contribute to health</u>
6. Does Everything Fit into the Food Guide Pyramid?	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods contribute to health</u>
7. Making the Pyramid Strong Enough	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods contribute to health</u>
8. What a find	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods contribute to health</u>
9. Do You Remember the Dietary Guidelines?	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods contribute to health</u>
10. Remember the Hazards of the Food Guide Pyramid?	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods contribute to health</u>
11. Food + Physical Activity = A Healthy Person	<u>Standard 1, Benchmark 1, Indicator 4: Ask questions that they can answer by investigating</u> <u>*Standard 3, Benchmark 1, Indicator 1: Discuss that living things need air, water and food</u> <u>Standard 6, Benchmark 1, Indicator 2: Assume some responsibility for their own health.</u> <u>Standard 6, Benchmark 1, Indicator 3: Discuss that various foods</u>

	contribute to health
12. Food Safety Activity (Hand Washing Activity)	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
13. Physical Activity (Knots)	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
14. Snack	N/A
15. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 2: Go for the Grain

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
2. Why Is the Grain Groups So Important?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
3. How Many Servings Do We Need from the Grain Group?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. Enriched	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. Remember Simple and Complex Carbohydrates?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
6. A Closer Look at Sugars	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. Sugars Found in Cereals	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. What Makes Cereal a Great Food/Snack?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
9. Food Safety Activity (Going on a Picnic)	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
10. Physical Activity	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
11. Snack	N/A
12. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 3: Five a Day is the Way!

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
2. Nature's Candy	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
3. Plant or Animal	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. Forms of Fruits and Vegetables	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. Can You "Pick" the Food?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
6. What Makes a Serving of Fruit?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. What Makes a Serving of Vegetables?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. Five a Day? Or Even More! How Can I Eat That Much?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
9. What's So Great About Fruits and Vegetables?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
10. The Hidden Benefits of Fruits - Citrus	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
11. Food Safety Activity	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
12. Physical Activity	N/A
13. Snack	N/A
14. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 4: Get Milk!

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
2. Locate the Milk Group	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
3. The Milk Group	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. Calcium	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can

	answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. What Makes a Serving?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
6. What Is So Great About Calcium?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. Why We Need Milk	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. Different Milk, Different Fat	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
9. Food Safety Activity	N/A
10. Physical Activity	N/A
11. Snack	N/A
12. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 5: Meat for Growth

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
2. Locate the Meat Group	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
3. The Meat Group	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. This Stuff is Called Protein	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. Americans Eat a Lot of Meat. Isn't that Great?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
6. How Many Servings is Enough?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. Fast-Food Choices	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. Food Safety Activity	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
9. Physical Activity	N/A
10. What Have We Learned?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
11. Postlesson Evaluation Tool	N/A
12. Certificate of Completion	N/A
13. Snack	N/A

14. Take Home	N/A (Without an activity explanation, no standards is identified.)
---------------	--

Grade 4

Lesson 1: Check Out the Pyramid!	
1. Preprogram Evaluation	N/A
2. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
3. Food Classification	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. The Food Guide Pyramid	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. Build the Pyramid	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
6. Dietary Guidelines	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. Variety Is Best	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. Servings	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
9. Food Safety Activity	N/A
10. Physical Activity	N/A
11. Snack	N/A
12. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)
Lesson 2: Get Going With Grains!	
1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
2. Grain Sources	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
3. The Food Guide Pyramid	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. Carbohydrates	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. How Energy is Used	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
6. Types of Carbohydrates	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating

	<u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. Carbohydrate Match Game	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. Breakfast	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
9. Food Safety Activity	N/A
10. Physical Activity	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
11. Snack	N/A
12. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)
Lesson 3: It's Five a Day	
1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
2. What We Get From Vegetables	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
3. Citrus – A Special Group of Fruits	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. Bold and Beautiful!	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. Vegetable and Fruit Forms	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
6. The Best Package...	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. Energy	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. Calories = Energy	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
9. Nutrient Dense vs. Calorie Dense	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
10. Preparation = Changes in Calories	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
11. One Potato, Two Potato	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating

	<u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
12. Food Safety Activity	N/A
13. Physical Activity	N/A
14. Snack	N/A
15. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 4: Bone Up on Calcium!

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
2. Building Bones	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
3. The Bone Mystery	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. Solve the Bone Mystery	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. How Much is Enough?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
6. "Hole"y Smokes – Those Bones are Weak!	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. Food Safety Activity	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. Physical Activity	N/A
9. Snack	N/A
10. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)

Lesson 5: Meat and Protein Make Us Strong!

1. Interest Approach	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating
2. Plant and Animal Sources of Protein	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
3. The Need for Protein	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
4. How Much Protein Do We Need?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
5. Food and Fat	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health

6. Fat Scale	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
7. Fast Foods Don't Have to Be Fat Foods	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
8. How to Survive the Fast-Food Frenzy	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
9. Food Safety Activity	N/A
10. Physical Activity	N/A
11. What Have We Learned?	<u>Standard 1, Benchmark 1, Indicator 4</u> : Ask questions that they can answer by investigating <u>Standard 6, Benchmark 1, Indicator 3</u> : Discuss that various foods contribute to health
12. Postlesson Evaluation Tool	N/A
13. Certificate of Completion	N/A
14. Snack	N/A
15. Take Home	N/A (Without an activity explanation this cannot be matched to the standards.)