

Exploring MyPyramid with Professor Popcorn

Objectives:

Kansas Academic Standards:

Experiencing Food

Grade 1: Lesson 1- MyPyramid

Upon completion of Lesson 1, youth will:

	<i>Science</i>	<i>Health</i>
1. State how healthy food and physical activity relate to growth and overall health	6.1.1, 2	1.1
2. Classify foods as coming from a plant or animal source.	1.1.4	
3. State why it is important to wash hands before touching or eating foods.	6.1.1, 3	3.1
4. Demonstrate recommended steps in hand washing.	6.1.1	3.1

Grade 1: Lesson 2 - Make Half Your Grains Whole!

Upon completion of Lesson 2, youth will:

1. State how eating foods from the Grain Group helps with growth and health.	6.1.2	1.1
2. Name two different kinds of Grains.	2.1.2	
3. Name at least three Grain Group foods.		
4. State that grains are from plants.	1.1.1, 4	
5. State ways to keep surfaces and utensils clean.	6.1.3	1.1

Grade 1: Lesson 3- Vary Your Veggies and Focus on Fruit

Upon completion of Lesson 3, youth will:

1. State how eating vegetables and fruits keep us healthy and growing.	6.1.2	1.1
2. State that vegetables and fruits come from plants.	1.1.1, 4	
3. Describe how to clean fresh fruits and vegetables.		1.1

Grade 1: lesson 4- Get Your Calcium Rich Foods

Upon completion of Lesson 4, youth will:

1. State how eating foods from the Milk Group helps with growth and health.	6.1.2	1.1
2. Identify two foods made from milk.	2.1.2	
3. State that milk is needed for strong bones and teeth.	6.1.2	
4. Identify foods that need to be kept cold to prevent food borne illness.	6.1.2	1.1 & 3.1

Grade 1: lesson 5 - Go Lean with Protein

Upon completion of Lesson 5, youth will:

1. Describe how eating foods from the Meat & Beans Group and being physically active keeps us healthy and growing	6.1.1, 2	1.1
2. State two foods from the Meat & Beans Group.	2.1.2	
3. State that meat comes from animals, and beans come from plants.	1.1.1, 2	
4. Follow recommended safe food handling practices to avoid food borne illness.		3.1