

Exploring MyPyramid with Professor Popcorn

Objectives:

Kansas Academic Standards:

Enjoying Food

Grade 2: lesson 1- MyPyramid

Upon Completion of Lesson 1, Youth will:

	<i>Science</i>	<i>Health</i>
1. State that we need healthy foods and physical activity to be healthy and grow	6.1.1	
2. Identify MyPyramid and name the five food groups.		2.1
3. Classify foods as coming from a plant or animal source.	1.1.2	
4. Name two ways to be physically active.		3.1
5. State why it is important to wash hands before touching or eating food.		3.1
6. Demonstrate recommended steps in hand washing.	6.1.1, 2	

Grade 2: lesson 2- Make Half Your Grains Whole

Upon completion of lesson 2, youth will:

1. State that eating foods from the Grains Group provides for health and growth.	6.1.1	1.1
2. Name at least three Grains Group foods.	2.1.2	
3. Identify a whole grain food.		
4. State ways to keep food preparation and eating surfaces clean.	6.1.2, 3	3.1

Grade 2: lesson 3- Vary Your Veggies and Focus on Fruit

Upon completion of Lesson 3, youth will:

1. State that eating a variety of foods each day, including foods from the Vegetables and Fruits Groups, and being physically active contribute to good health.	6.1.1	1.1
2. Name at least three Fruits Group and the Vegetable Group foods.	2.1.2	
3. State how to clean fresh fruits and vegetables for eating.		3.1

Grade 2: lesson 4- Get Your Calcium-Rich Foods

Upon completion of Lesson 4, youth will:

1. State that eating foods from the Milk Group helps people to grow and be healthy.	6.1.1	1.1
2. Name at least three Milk Group foods.	2.1.2	
3. Recognize the importance of milk for building strong bones and teeth.		2.1
4. State why it is important to keep Milk Group foods cold.	6.1.3	3.1

Grade 2: lesson 5-Go Lean with Protein

Upon completion of Lesson 5, youth will:

1. State that eating foods from the Meat and Beans Group helps people be healthy and grow.	6.1.1	1.1
2. Identify foods in the Meat and Beans Group.	2.1.2	
3. Identify healthy choices at a fast –food restaurant.		3.1
4. Describe how to pack foods for a safe lunch.		3.1