

3rd Grade Show Me Nutrition “Building MyBody” Lesson Overview

	Key Messages	Food Activity	Physical Activity	Parent Newsletter
Lesson 1: Getting to Know MyPlate	MyPlate and the Food Groups What’s the function of your food? - 6 essential nutrients	Food Tasting: Energy Snack	Nutrient Function Activity - marching in place with various arm movements	Getting to Know MyPlate
			Additional Activity: Energy Explosion Motion - jumping jacks	
Lesson 2: Carbohydrates	Plan it by the Food Groups Carbohydrates for Energy	Food Tasting: Comparing familiar (popcorn) and unfamiliar (bran muffin) grain foods	Lifestyle - walking in place Aerobic - marching in place at higher intensity Muscle-strengthening - leg squats	Wide World of Carbohydrates
			Additional Activity: Move your Muscles - marching in place with various arm movements	
Lesson 3: Proteins & Fats	The Power of Protein Foods in the Protein Group Fat Facts	Food Tasting: Comparing a low-fat or non-fat food (Lay’s Plain Baked Potato Chips) with a similar high fat food (Lay’s Plain Regular Potato Chips).	“Ain’t the Funky Now” - song and dance	Fats
	Additional Activity: Fighting the Fat in Fast Food	Additional activity: Food Preparation - Fiesta Scoops		

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Lesson 4: Food Safety	Important Food Safety Temperatures - Temperature Danger Zone Storing Foods Safely	Food Tasting: Yogurt Parfait	Interview with a Germ - marching in place with various arm movements	Keep Your Child Safe
	Additional Activity: Checking Food Labels for Food Safety Information Thermy Rules Food storage & Observation Experiment			
Lesson 5: Vitamins & Minerals	Valuable Vitamins Reading Labels & Percent of Daily Value Finding Foods High in Vitamin A & C Mighty Minerals How Much Calcium	Food Tasting: - Vitamins A & C - Calcium	Reading the Food Label	Reading the Food Label
			Additional Activity: Building Bone Pantomime - various bone- building movements	
Lesson 6: Water	Wonderful Water How much water do you need? Think Before You Drink - beverage comparison	Food Tasting: Fruit Fizzy	Human Water Cycle - jumping rope in place	The Power of Vitamins, Minerals & Water
	Additional Activity: Nutrient Mix & Match	Additional Activity : Tap vs. Bottled Water Tasting		

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Lesson 7: Digestion	Digestive System Types of Tastes Physical Activity & Hunger/Satiety Body Cues	Food Tasting: Comparing sweet, sour, bitter and salty foods	Listen to Your Body - marching in place at various intensities	Get a Clue
			Additional Activity: Digestive Breakdown - standing or marching place with various arm movements	
Lesson 8: Delicious Decisions	A plate full of nutritious foods Variety, Balance & Moderation Whole Grains	Food Tasting: Apple Salad with whole wheat crackers	Plenty vs. Once-in-a-While - jumping jacks	Making Delicious Decisions
	Additional Activity: Making Delicious Decisions - 5 step decision making process			
Optional Lesson: The Truth About Advertising	Who, what , when, where, why and how of advertising Food Packaging as Advertising Advertising & Self-Image	Food Tasting: Comparing National Brand vs. Store Brand whole grain cereal	Target Audience - Sitting and standing	You Be the Judge
	Additional Activity: Body Image & Self-Esteem: A Self-Portrait Design Your Own Cereal	Additional Activity - Design Your Own Cereal tasting		