

# Grade Three. Building My Body

## *Nutrition and Physical Activity*

The *Building My Body* Curriculum aligns with the Third Grade Healthful Living Essential

Standards—Nutrition and Physical Activity. The curriculum was developed in partnership with NC State University, NC Cooperative Extension, and the Expanded Food and Nutrition Education Program (EFNEP).

The materials used to deliver the curriculum are adapted with permission from Show Me Nutrition, developed by the University of Missouri Extension.

Each lesson is grade-level appropriate and provides a continuous build upon the Essential Standard: Nutrition and Physical Activity.

*Building My Body* uses both EFNEP Program Assistant-led and teacher-led lessons. Each lesson centers on delivering grade-level appropriate nutrition education through fun and interactive activities. Support lesson plans for teachers and teaching materials are provided through the EFNEP website. Through their participation in *Building My Body* students explore the concepts of food, nutrition,

physical activity, with extra focus on developing

a process to make good health choices.

Learning strategies engage students in inquiry, investigation, and hands-on application. Students are encouraged through these activities to make healthy choices.

Lesson module themes include challenge, investigation, and exploration that allow the student to reach

a metacognitive understanding of

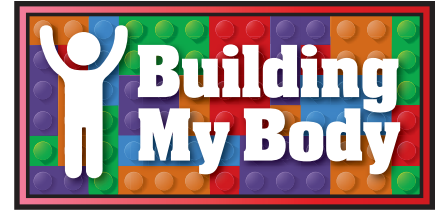
nutrition and physical activity and to

distinguish how healthy choices contribute to good overall health.

Each activity within this

curriculum follows these steps in the experiential learning model. Life skills help an individual live a productive and satisfying life. Within this curriculum students will have the opportunity to develop life skills related to critical thinking, problem solving, teamwork, communication, and acquiring and evaluating information.

**Contact your local Cooperative Extension and ask for the EFNEP Program Assistant/Associate to learn more about *Building My Body*.**



# Grade Three. Building My Body

## North Carolina Essential Standards—Nutrition and Physical Activity

### Lesson One:

#### Getting to Know the Food Groups

##### Essential Standard

- 3.NPA.1 Apply tools (MyPlate, Food Facts label) to plan healthy nutrition and fitness.
- 3.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.\*

##### Clarifying Objective

- 3.NPA.1.3 Plan activities for fitness and recreation during out of school hours.\*
- 3.NPA.2.1 Identify the sources of a variety of foods.\*

### Lesson Two:

#### Carbohydrates

##### Essential Standard

- 3.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

##### Clarifying Objective

- 3.NPA.2.1 Identify the sources of a variety of foods.

### Lesson Three:

#### Proteins and Fats

##### Essential Standard

- 3.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

##### Clarifying Objective

- 3.NPA.2.1 Identify the sources of a variety of foods.

### Lesson Four:

#### Vitamins, Minerals, and Water

##### Essential Standard

- 3.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

##### Clarifying Objective

- 3.NPA.2.1 Identify the sources of a variety of foods.
- 3.NPA.2.2 Categorize beverages that are more nutrient dense.

### Lesson Five:

#### Reading the Food Label

##### Essential Standard

- 3.NPA.1 Apply tools (MyPlate, Food Facts label) to plan healthy nutrition and fitness.
- 3.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

### Clarifying Objective

- 3.NPA.1.2 Check the Food Facts Label to determine foods that are low in sugar and high in calcium.
- 3.NPA.2.1 Identify the sources of a variety of foods.

### Lesson Six: Delicious Decisions

##### Essential Standard

- 3.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.

##### Clarifying Objective

- 3.PCH.1.2 Classify behaviors in terms of whether they do or do not contribute to healthy living.

### Books incorporated into curriculum

*Shapesville* by Andy Mills and Becky Osborn

\*Denotes this objective is addressed in every lesson.

