



EGUSD-Nutrition Integration Chart

Kindergarten-Building a Healthy Me!

Lesson Name and Number

Lesson Standards & Integration of Subjects

	Lesson 1: Piecing the Pyramid	Lesson 2: All Foods Fit	Lesson 3: Off to a Good Start	Lesson 4: Professor Clue	Lesson 5: Kinder Cooks	Lesson 6: Smart Shoppers
Objective: The students will...	recognize that the pyramid is a tool that will help them make healthy food choices.	identify foods within each of the food groups found in the pyramid.	recognize the importance of eating breakfast as a healthy start to their day.	identify foods, which together make up combination (or mixed) foods.	learn to follow simple recipes and prepare foods.	learn to make food choices from available food-group foods and extras while they also consider personal preferences and cost.
Health Standards (EGUSD)	1.1.C, 1.1.F	1.1.C, 1.1.F	1.1.C, 1.1.F	1.1.C, 1.1.F	1.1.C, 1.1.F	1.1.C, 1.1.F
Language Arts Standards (CA)	Rdg 1.2, 1.3, 1.17 LS 1.1, 1.2	Rdg 1.3, 1.4 LS 1.1, 1.2	Rdg 1.2, 1.3, 1.4, 1.15 Wtg 1.1, 1.2, 1.3; LS 1.1, 1.2	Rdg. 1.2, 1.3, 1.4, 1.15 Wtg 1.1; LS 1.1, 1.2	Rdg. 1.1, 1.2, 1.3, 1.4, 1.15 Wtg 1.1 LS 1.1, 1.2	Rdg 1.2, 1.3, 1.4, 1.15 Wtg 1.1 LS 1.1, 1.2
Open Court Themes (for integration)	School, Finding Friends, Teamwork	Stick To It	School, Stick To It	Shadows, Teamwork	Teamwork	Stick To It
Mathematics Standards (CA)	M&G 2.1, 2.2	NS 1.2, 1.3	NS 1.2, 1.3	NS 1.2, 1.3	M&G 1.0	NS 1.2, 2.1
MyPyramid.gov (supplemental lessons)	Level 1: Introduction & Lesson 1	Level 1: Lesson 2	Level 1: Lesson 3 & Tips for Parents	<i>A Closer Look At MyPyramid</i>		<i>MyPyramid Worksheet for Kids</i>
SHAPE (supplemental lessons)	Competency 1	Competency 1 & 2	Competency 2 & 3	Competency 1, 2, & 3	Competency 4	Competency 5 & 7

Standards Abbreviation Key: **Language Arts:** *Rdg*=Reading, *LS*=Listening and Speaking, *Wtg*=Writing, **Math:** *NS*= Number Sense, *M&G*= Measurement & Geometry