



MISSION PLANS FOR GRADES K-1
MISSION 2
START YOUR DAY THE HEALTHY WAY

Adventures in learning, created
by Canadian dietitians



Students explore daily habits for health including eating well, being active, eating breakfast, taking care of their teeth and getting enough sleep and rest.

Learning Expectations:

1. Identify daily habits for good health and growth (eating well, being active, eating breakfast, taking care of teeth and getting enough sleep).
2. Identify ways to take care of teeth.

Subject Links:

Art, Health, Language, Physical Education

Materials & Resources:

- ☆ Drawing paper (2 sheets per student)
- ☆ Crayons or markers
- ☆ A book on dental care. Suggested book: *Open Wide: Tooth School Inside* by Laurie Keller.
- ☆ For more student activities and tips on dental health visit www.smilecity.ca
- ☆ Chalk or hula-hoops

Class Discussion:

The *MISSION NUTRITION** Team is curious to know how people and animals on Earth stay healthy. The following questions help students realize all living creatures require water, food, physical activity and rest for good health. Ask students:

- ☆ What does the word "healthy" mean? How does your body feel when you are healthy?
- ☆ Who has pets? What do you do to take care of them?
- ☆ What do all people and animals need to stay healthy?
- ☆ What do you do to stay healthy each day?

Teaching Tip:

Taking care of animals at home or in the classroom is a fun way for students to learn about basic needs for health including food, water, activity, rest and keeping clean.

Activities:

1. Create and sing a "hip hop habits for health" song. Two examples that can be sung to the tune "Row, Row, Row Your Boat" follow:

Eat, eat, eat your breakfast
Each and every day
Happily, happily, happily, happily
Let's go out and play!

Brush, brush, brush your teeth
Each and every day
Flossing, flossing, flossing, flossing
Keeps the cavities away!

The class may want to add to the song by developing their own verses.

*MISSION NUTRITION**
resources for
Kindergarten to
Grade 8 are available in
English and French at
www.missionnutrition.ca
or by calling
1-888-876-3750.

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Continued

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2. Read a book about dental health such as *Open Wide: Tooth School Inside*. After reading the book, ask the students to name things they can do to keep their teeth healthy. Students can then make a flip sheet that illustrates how they can keep their teeth healthy. Prepare one flip sheet for each student in advance. To do this fold a sheet of paper in half lengthwise, then divide the top flap into four equal sections that can flip up, making three cuts in the top flap cutting from the edge of the paper to the centre crease. Students can copy one of the words "toothbrush", "toothpaste", "floss" and "dentist" onto each of the top flaps and then draw a picture to illustrate each inside.

For example: eating breakfast or a healthy snack, playing a favourite active game or going to bed for a good night sleep.

In Class: Showcase students' pictures in a display that celebrates their healthy living habits.

Active Learning:

Habits for Health Intergalactic Hopscotch

A game of hopscotch can be adapted to have students identify healthy habits while being active. Using chalk, create a few intergalactic hopscotch outlines with circles to represent planets instead of squares outside in the playground, if weather permits. Alternatively, use hula hoops to create intergalactic hopscotch outlines in the hallway or gym. Let students take turns playing. Every time they land on a planet, they have to call out a healthy habit they can do, before moving on. Encourage students to be specific, for example: eat a fruit for snack, play ball, drink water, eat breakfast or brush teeth.

Student Mission 2:
Start Your Day the Healthy Way

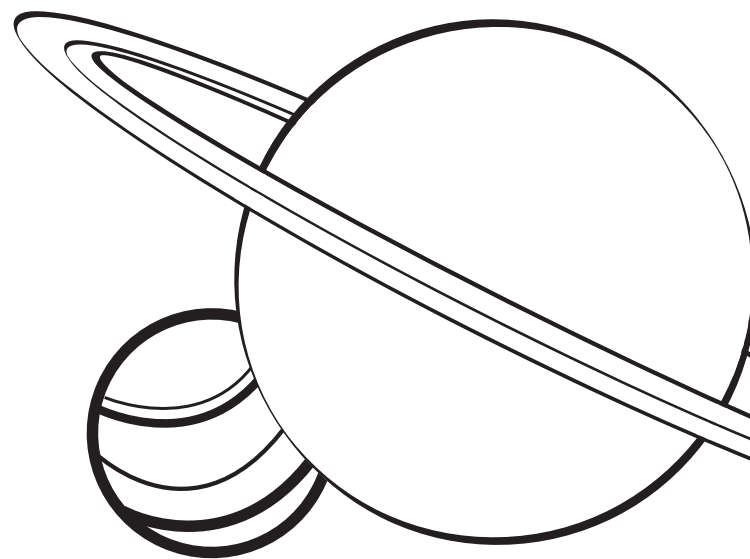
The *Start Your Day the Healthy Way* activity sheet reinforces daily habits for health while students help *Glubber** find the way to school through an intergalactic maze. They can colour all the things *Glubber** can do to be healthy on the way to school.

Home Connection:

Creating a display that celebrates students' healthy living habits can encourage students to engage in daily habits for health.

In Class: Based on the class discussion, make a list of ways to stay healthy.

At Home: Have each student draw a picture of himself/herself doing something he/she enjoys doing to stay healthy.



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