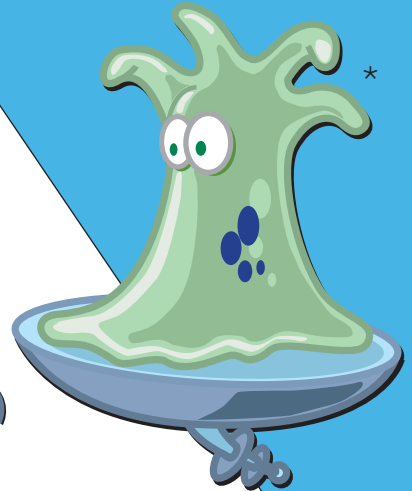
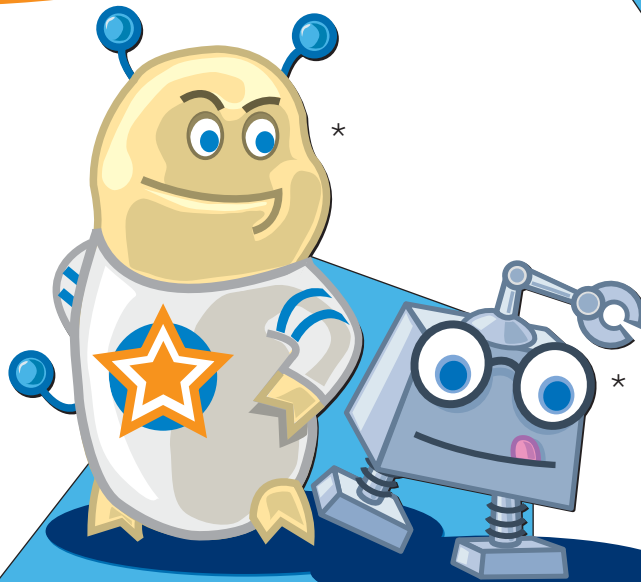


# MISSION NUTRITION

**A**DVENTURES in learning,  
created by Canadian dietitians.



## Grades 4-5

Curriculum resources to  
engage students in healthy  
eating, active living and  
positive self-esteem.

- ★ curriculum connections
- ★ easy-to-use lesson plans
- ★ fun student activity sheets
- ★ home connection activities
- ★ assessment rubric

[www.missionnutrition.ca](http://www.missionnutrition.ca)

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*Kellogg's*

Welcome to



Adventures in learning, created by Canadian dietitians

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.

MISSION NUTRITION® is a unique program created to engage students in healthy eating, physical activity and positive self-esteem. The program features entertaining ways to explore and foster healthy living habits through a series of curriculum-based resources for students in kindergarten to grade 8.

Developed by Canadian Dietitians with input from teachers across Canada, the MISSION NUTRITION® initiative is based on a commitment to support children's healthy growth and development.

### A New Adventure with MISSION NUTRITION®

The MISSION NUTRITION® program for kindergarten to grade 8 students features a team of three lovable characters from outer space, who have come to Earth seeking knowledge on healthy eating, active living and self-esteem. These characters are an integral part of the MISSION NUTRITION® program as they work together to help students succeed in their missions to eat well, be active and feel good about themselves.

### Embarking on the MISSION NUTRITION® program is simple

To begin, give each student a copy of the introduction to the "MISSION NUTRITION® Team" on page 3. Read it out loud to your class to set the stage and spark their interest as you embark on your MISSION NUTRITION® journey. Then follow the easy-to-use Mission Plans to guide your lesson planning. Enjoy your MISSION NUTRITION® journey!

## Teaching Tools to Guide Your MISSION NUTRITION® Adventure

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# Grades 4-5 Curriculum Connections

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resources for  
Kindergarten to  
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or by calling  
1-888-876-3750.

| MISSION OBJECTIVES  | LEARNING EXPECTATIONS   | SUBJECTS  |
|---|---|---|
| <p><b>MISSION 1 - EXPLORING BODY FUEL</b><br/>Students explore the roles of key nutrients including carbohydrates, fats and proteins and the need for a healthy variety of foods from the four food groups in <i>Canada's Food Guide</i>.</p> | <ol style="list-style-type: none"> <li>1. Identify the different roles of carbohydrates, fats and proteins.</li> <li>2. Understand the need for a healthy variety of foods from the four food groups in <i>Canada's Food Guide</i>.</li> </ol>  | <ul style="list-style-type: none"> <li>☆ Health</li> <li>☆ Science</li> <li>☆ Language</li> <li>☆ Physical Education</li> </ul>                               |
| <p><b>MISSION 2 - EXPLORING VITAMINS AND MINERALS</b><br/>Students explore the roles of vitamins and minerals and the need for a variety of foods to provide the body with a healthy balance.</p>   | <ol style="list-style-type: none"> <li>1. Understand the need for vitamins and minerals from a variety of foods.</li> <li>2. Identify the different roles of vitamins and minerals.</li> <li>3. Recognize foods that provide different vitamins and minerals.</li> </ol>  | <ul style="list-style-type: none"> <li>☆ Health</li> <li>☆ Language</li> <li>☆ Science</li> <li>☆ Drama</li> </ul>  |
| <p><b>MISSION 3 - EXPLORING FOOD LABELS</b><br/>Students explore and interpret the ingredient and nutrition information featured on the food labels of a variety of food products.</p>  | <ol style="list-style-type: none"> <li>1. Identify critical content information on food labels (e.g., ingredients, calories, fat, protein, carbohydrate, fibre, vitamin and mineral content).</li> <li>2. Read and interpret basic information of food labels.</li> </ol>   | <ul style="list-style-type: none"> <li>☆ Health</li> <li>☆ Information Technology</li> <li>☆ Language</li> </ul>  |
| <p><b>MISSION 4 - EXPLORING BODY SYSTEMS</b><br/>Students explore how healthy eating and physical activity impacts body systems and the function of the digestive system.</p>   | <ol style="list-style-type: none"> <li>1. Examine how nutrition and physical activity impact body systems like the digestive system, skeletal system, circulatory system, respiratory system and immune system.</li> <li>2. Identify the parts of the digestive system and how they function to digest food.</li> </ol>   | <ul style="list-style-type: none"> <li>☆ Health</li> <li>☆ Science</li> <li>☆ Information Technology</li> <li>☆ Art</li> </ul>                                |
| <p><b>MISSION 5 - EXPLORING FOOD CHOICES</b><br/>Students explore their own food choices by recording and comparing their food selections to <i>Canada's Food Guide</i>.</p>  | <ol style="list-style-type: none"> <li>1. Analyse their own food selections over a period of time and compare personal habits with <i>Canada's Food Guide</i>.</li> <li>2. Classify foods into food groups in <i>Canada's Food Guide</i>.</li> <li>3. Demonstrate an understanding of food groups, serving sizes and serving numbers that support good health.</li> </ol> | <ul style="list-style-type: none"> <li>☆ Health</li> <li>☆ Language</li> <li>☆ Math</li> <li>☆ Information Technology</li> </ul>                              |
| <p><b>MISSION 6 - EXPLORING HEALTHY LIVING</b><br/>Students explore how eating well, being active and feeling good about yourself contribute to healthy living.</p>   | <ol style="list-style-type: none"> <li>1. Identify factors that promote good health (eating well, being active and feeling good about yourself).</li> <li>2. Identify ways to promote healthy living.</li> </ol>  | <ul style="list-style-type: none"> <li>☆ Health</li> <li>☆ Language</li> <li>☆ Art</li> <li>☆ Information Technology</li> <li>☆ Physical Education</li> </ul> |



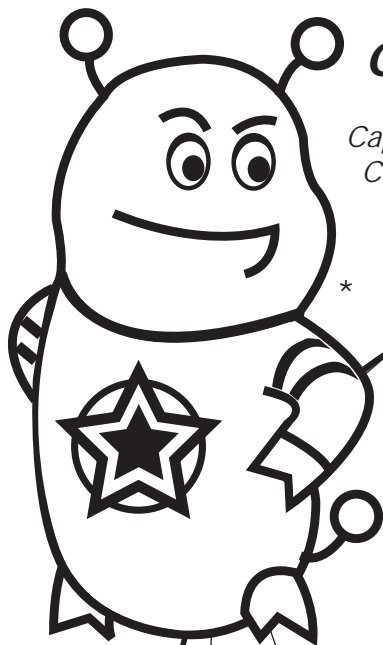
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## Introducing the MISSION NUTRITION\* Team

A group of aliens called the MISSION NUTRITION\* team has come from outer space to learn about Earthlings. They want to know all about our habits and how we grow and go. Their many questions about people on Earth have brought them from the farthest corners of the galaxy. And they would like us to help them in their journey! Let's learn a little bit more about our heroes:

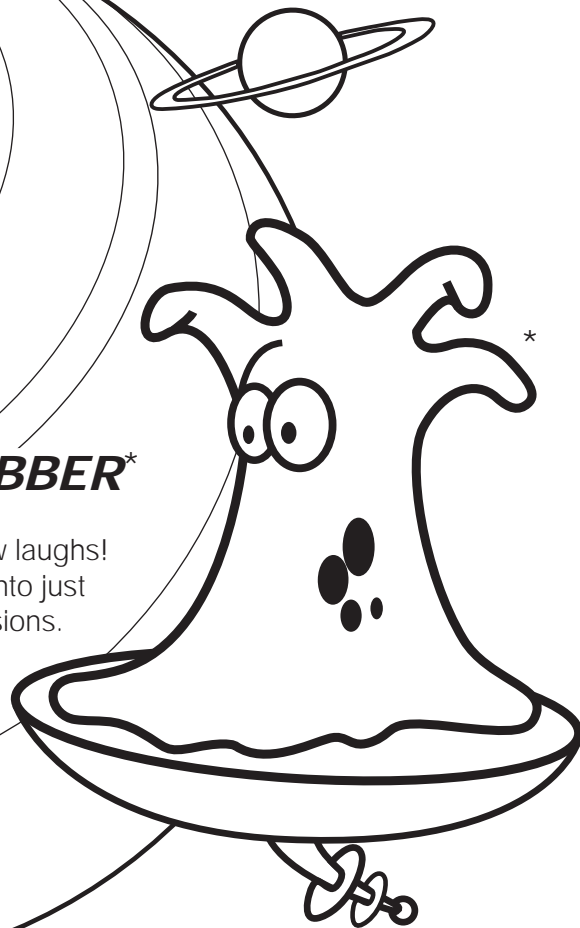
### CAPTAIN KIP\*

Captain Kip\* is the leader of the MISSION NUTRITION\* team. Captain Kip\* has lots of confidence and likes to ask questions and share important information to help lead us through the Missions.



### GLUBBER\*

Glubber\* is full of fun... get ready for a few laughs! Glubber\* has incredible shape-changing powers and can turn into just about anything to guide us and give us clues to help solve the Missions.



### HANDY-BOT\*

Captain Kip\* and Glubber\* built Handy-Bot\* to help them in their travels. With a "can-do" attitude, Handy-Bot\* loves to learn new things and is always ready to pitch in with tools to help carry out the Missions.

