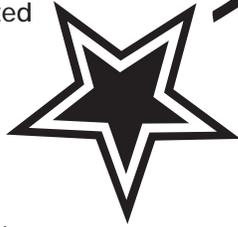


Adventures in learning, created
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Students explore how eating well, being active and feeling good about yourself contribute to healthy living.

Learning Expectations:

1. Identify factors that promote good health (eating well, being active and feeling good about yourself).
2. Identify ways to promote healthy living.

Subject Links: Health, Language, Art, Information Technology, Physical Education

Materials & Resources:

- ☆ Poster paper
- ☆ Art supplies
- ☆ *Canada's Physical Activity Guide for Children*, available at: www.healthcanada.ca/paguide
- ☆ *Canada's Food Guide*
Visit www.healthcanada.gc.ca/foodguide or call 1-800 O CANADA

Class Discussion:

Eating well, being active and feeling good about yourself go hand in hand to promote healthy living. Feeling good about yourself means accepting who you are and believing in yourself. Ask students to think of a friend, relative or family member and share what they like or appreciate the most about them. Then the following questions can help students identify personal attributes, interests and characteristics that contribute to positive self-esteem:

- ☆ What are some of the favourite things you enjoy?
- ☆ What is something that you are good at?
- ☆ What is special and unique about you?

Teaching Tip:

A healthy attitude towards your body is an important part of feeling good about yourself. Helping students identify and celebrate their own special attributes, interests and characteristics can contribute to their sense of self-esteem and positive body image.

Activities:

1. The *MISSION NUTRITION** Team wants to know what's special and unique about each student in your class. Provide each student with a sheet of poster paper and art supplies. Ask them to paint or draw a montage that illustrates some of the things that are special about themselves. Their pictures can highlight things they enjoy, special interests and hobbies, things they are good at, things that make them happy, family and friends that make them feel good.
2. Have students individually or in groups develop a phrase, slogan or rap to promote healthy eating,

MISSION PLANS FOR GRADES 4-5
MISSION 6
EXPLORING HEALTHY LIVING



Continued

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being active and positive self-esteem. These could be shared on the P.A. system each morning. Announcements could include messages about healthy living, starting the day with breakfast, novel lunch menus with foods from the four food groups, healthy snack ideas, fun with fitness and ways to feel good about yourself.

3. The *MISSION NUTRITION** Team wants to know what activities kids enjoy. Allow computer lab time for students to explore *Canada's Physical Activity Guide* for children at <http://www.phac-aspc.gc.ca/pau-uap/paguide/>. Then brainstorm a list of students' favourite physical activities. Relate these to school based activity programs such as *Quality Daily Fitness*, *Sports Day*, *Jump Rope for Heart* and *ParticipACTION*. Some students who are highly motivated may want to plan activities for younger students or their class to promote active recess.

Student Mission 6: Healthy Living Calendar

Have students record something they can do individually or with their family to be healthy each day for a month. Some students may want extra copies of this template to track their healthy lifestyles for additional months or throughout the year.

Home Connection:

Tracking activities that promote good health on a monthly calendar can motivate students and their families to eat well, be active and feel good about themselves.

In Class: Provide each student with a copy of the *Student Mission 6* calendar. Ask students to suggest examples of actions they can take on their own and with their families to eat well, be active and feel good about themselves. For example:

To eat well - try a new food from the four food groups, plan a nutritious breakfast, pack an interesting lunch, write a healthy dinner menu that they could start to prepare after school or a grocery list of snacks from all four food groups, plant a vegetable garden or go on a family fruit picking excursion.

To be active - play a ball game, get involved in a team sport, plan a swimming or skating party or go for a family adventure - on foot, bikes or blades.

To feel good about yourself - share a story about how a friend or family member did something that made you feel good, celebrate something you did well or spend some time enjoying a favourite hobby.

At Home: During the next month, ask students to record on their calendar something they did to eat well, be active or feel good about themselves each day. Encourage students to include healthy activities that they do on their own as well as those they do as a family. They can include tips and use their calendars for goal setting also.

In Class: Allow time in class once a week for small group sharing of students' healthy activities and monitoring of their tracking calendars.

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

www.missionnutrition.ca

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