

# BLAST = OFF with the MISSION NUTRITION\* Program!

Make healthy eating, physical activity and positive self-esteem come alive!

www.missionnutrition.ca

Visit www.missionnutrition.ca to embark on your MISSION NUTRITION\* learning adventure now!

Find fun, interactive learning activities to use in the classroom and at home to get children excited about healthy living!

All material updated to reflect the new Canada's Food Guide!

### FOR EDUCATORS

# MISSION NUTRITION\* Resources for Grades K-8:

- Ready-to-use Lesson Plans
- ☆ Fun Student Activities
- ☆ Curriculum Connections
- ☆ Teacher Notes
- ★ Assessment Rubrics



# Use the MISSION NUTRITION\* resources to meet curriculum expectations in:

- ✓ health
- ✓ language
- ✓ social studies
- ✓ information technology

- ✓ physical education
- ✓ math
- ✓ science

## **FOR FAMILIES**

### MISSION NUTRITION\* Resources for Families:

- ☆ Fun Family Activities
- ☆ Healthy Living Tips
- ☆ And More!

All MISSION NUTRITION\* resources are available free in English and French on-line at: www.missionnutrition.ca

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.

