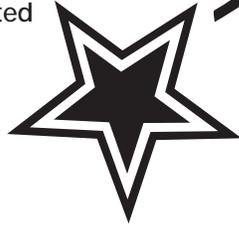




MISSION PLANS FOR GRADES K-1  
**MISSION 1**  
ONE OF A KIND AMAZING BODIES

Adventures in learning, created  
by Canadian dietitians



*Students explore parts of their body, how they've changed since they were born, and discover how each person is special and unique!*

**Learning Expectations:**

1. Recognize each person is special and unique.
2. Identify the major parts of the body and describe their functions.
3. Identify physical changes that have occurred since birth; e.g., height, shoe size, weight, body shape, clothes size, brain, hair and losing teeth.

**Subject Links:**

Language, Health, Art, Physical Education

**Materials & Resources:**

- ☆ A book on growing up and appreciating self and others. Suggested book: *I Like Being Me: Poems for Children About Feeling Special, Appreciating Others, and Getting Along* by Judi Lalli and Douglas L. Mason-Fry.
- ☆ A book on the human body and functions. Suggested books: *Me and My Amazing Body* by Joan Sweeney and Annette Cable; *My First Body Book* by Christopher Rice, Melanie Rice and Inc Dorling Kindersley; *Parts and More Body Parts* by Tedd Arnold.
- ☆ Paper
- ☆ Plaster of Paris, paints, coloured pencils or crayons
- ☆ Glue

**Class Discussion:**

Each student is "one of a kind"! Read a book about growing up and appreciating self and others such as *I Like Being Me: Poems for Children About Feeling Special, Appreciating Others and Getting Along*. Note that it is important to accept and appreciate one another's differences. Then explore the following characteristics to help students recognize they are each special and unique:

- ☆ cultural heritage
- ☆ favourite activities
- ☆ physical characteristics
- ☆ food preferences

**Teaching Tip:**

Some students may have lost several teeth, while others may still have all their baby teeth. This is a good example to use to encourage respect for different rates of growth and development and individual characteristics. Use a "missing tooth" graph if you have one in the classroom as a reference.

**Activities:**

1. Introduce the *MISSION NUTRITION*\* Team and what makes each character special and unique. For example, *Kip*\* is the captain of the *MISSION*

*MISSION NUTRITION*\* resources for Kindergarten to Grade 8 are available in English and French at [www.missionnutrition.ca](http://www.missionnutrition.ca) or by calling 1-888-876-3750.

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*Continued*

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*NUTRITION\** Team; *Glubber\** is the wild and wacky first mate who can contort into different shapes; and *Handy-Bot\** is a robot that can fix things with a vast array of tools. Then, in pairs, have students take turns telling each other something that's special and unique about themselves and each other.

2. Making handprints with paints or plaster of Paris or tracing the hands or feet are activities that can be used to get children thinking about the size of their hands and feet now compared to when they were a baby. Provide students with art supplies to do one of these activities, then ask them the following questions to help them explore how they have grown:

- ☆ How has your body grown and changed since you were a baby?
- ☆ What can you do by yourself now that you are bigger?
- ☆ What do you need each day to help you grow?

**Student Mission 1: You Are One of a Kind**

Ask students to bring a favourite baby picture from home to glue in the centre of their *You Are One of a Kind* activity sheet (see *Home Connection* below). They may wish to colour this sheet after they have added their picture.

**Home Connection:**

Showcasing a favourite baby picture can be a fun way for students to think about how much they have grown since they were born.

**At Home:** With the help of a family member, ask students to look at some of their baby pictures to see how much they have grown. Have each student pick one photo they can bring to class to showcase for this activity.

**In Class:** Ask students to write their name on the back of their pictures. Collect students' baby pictures before they show them to their classmates and play a guessing game with the class to see if they can guess who's who. Have students glue their picture in the centre of the star on the *You Are One of a Kind* activity sheet (see *Student Mission 1*). Showcase their pictures on a wall or bulletin board in the classroom to celebrate how each student is special and unique.

**Active Learning: Captain Kip\* Says**

Read a basic book on the human body such as *Me and My Amazing Body* and discuss the various body functions with students. Then introduce the "*Captain Kip\* Says*" game, a variation of "Simon Says". Call out instructions to get students moving while they identify parts of the body. For example, "*Captain Kip\** says...": "hop on one foot" or "touch your toes". Also include some questions for students to identify the function of various parts of the body. For example, "*Captain Kip\** says...":

"...put your hands over your heart...what does your heart do?"

"...stick your tongue out...what's the purpose of your tongue?"

"...huff and puff...what part of the body are you using?"

"...rub your tummy...what does your stomach do?"

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