Unit: Physical Activity and Nutrition (Health Steps & Healthy Lives)

Lesson Guide

Healthy Steps for Healthy Lives: Grade K-3 website:

(<http://www.nestleusa.com/nutrition/healthysteps/healthy-steps-for-healthy-lives-grades-k-3>)

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| Kindergarten | First Grade | Second Grade |
| TH- Being Healthy Concept Web (1)TH- Quiz the Teacher (2)TH- My Very Best Day (3)  End with “Set Healthy Goal” from Healthy Steps for Me (17-online)TH- A Healthy Me (4)EH- Scoop on Groups (20 online)EH- Healthy Hunt (6)EH- A Very Hungry Caterpillar (8)EH- Around the Kitchen (9)MH- Guess My Rule (11)MH- Compass Quest (13)MH- Greater Than, Less Than (30-online)11 Lessons | TH- Being Healthy Concept Web (1)TH- Quiz the Teacher (2)TH- My Very Best Day (3)  End with “Set Healthy Goal” from Healthy Steps for Me (17-online)TH- A Healthy Me (4)EH- My Plate Relay (5)EH- Healthy Hunt (6)EH- A Very Hungry Caterpillar (8- modify)EH- Around the Kitchen (9)MH- Guess My Rule (11)MH- Compass Quest (13)MH- Greater Than, Less Than (30-online)MH- Very Moving Poetry (14)12 Lessons | TH- Being Healthy Concept Web (1)TH- Quiz the Teacher (2)TH- Healthy Steps for Me (17-online)TH- Nutrition Champions (16- online)EH- My Plate Relay (5) EH- Around the Kitchen (9)EH- Right on Target (10- modify to include portion sizes from Healthy Food Counts (19 online))EH- Broccoli, You’re Hired (22- online)EH/MH- Healthy Hydration (24- online)MH- Move It, Move It (12)MH- Very Moving Poetry (14)MH- Active Addition (29-online)12 Lessons |

TH= Thinking Healthy

EH= Eating Healthy

MH= Moving Healthy