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