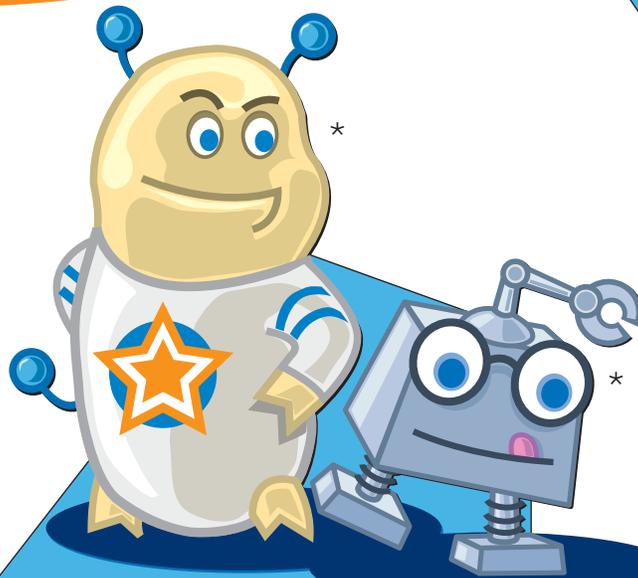


# MISSION NUTRITION

**A**DVENTURES in learning,  
created by Canadian dietitians.



## Grades K-1

Curriculum resources to  
engage students in healthy  
eating, active living and  
positive self-esteem.

- ★ curriculum connections
- ★ easy-to-use lesson plans
- ★ fun student activity sheets
- ★ home connection activities
- ★ assessment rubric

[www.missionnutrition.ca](http://www.missionnutrition.ca)

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*Kellogg's*

Welcome to



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

MISSION NUTRITION® is a unique program created to engage students in healthy eating, physical activity and positive self-esteem. The program features entertaining ways to explore and foster healthy living habits through a series of curriculum-based resources for students in kindergarten to grade 8.

Developed by Canadian Dietitians with input from teachers across Canada, with MISSION NUTRITION® initiative is based on a commitment to support children's healthy growth and development.

### A New Adventure with MISSION NUTRITION®

The MISSION NUTRITION® program for kindergarten to grade 8 students features a team of three lovable characters from outer space, who have come to Earth seeking knowledge on healthy eating, active living and self-esteem. These characters are an integral part of the MISSION NUTRITION® program as they work together to help students succeed in their missions to eat well, be active and feel good about themselves.

### Embarking on the MISSION NUTRITION® program is simple

To begin, give each student a copy of the introduction to the "MISSION NUTRITION® Team" on page 3. Read it out loud to your class to set the stage and spark their interest as you embark on your MISSION NUTRITION® journey. Then follow the easy-to-use Mission Plans to guide your lesson planning. Enjoy your MISSION NUTRITION® journey!

#### Teaching Tools to Guide Your MISSION NUTRITION® Adventure

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# Grades K-1 Curriculum Connections

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MISSION OBJECTIVES	LEARNING EXPECTATIONS	SUBJECTS
<p><b>MISSION 1 - ONE OF A KIND AMAZING BODIES</b> Students explore parts of their body, how they've changed since they were born, and discover how each person is special and unique!</p>	<ol style="list-style-type: none"> <li>1. Recognize each person is special and unique.</li> <li>2. Identify the major parts of the body and describe their functions.</li> <li>3. Identify physical changes that have occurred since birth; e.g., height, shoe size, weight, body shape, clothes size, brain, hair and losing teeth.</li> </ol>	<ul style="list-style-type: none"> <li>☆Language</li> <li>☆Health</li> <li>☆Art</li> <li>☆Physical Education</li> </ul>
<p><b>MISSION 2 - START YOUR DAY THE HEALTHY WAY</b> Students explore daily habits for health including eating well, being active, eating breakfast, taking care of their teeth and getting enough sleep and rest.</p>	<ol style="list-style-type: none"> <li>1. Identify daily habits for good health and growth (eating well, being active, eating breakfast, taking care of teeth and getting enough sleep).</li> <li>2. Identify ways to take care of teeth.</li> </ol>	<ul style="list-style-type: none"> <li>☆Health</li> <li>☆Art</li> <li>☆Language</li> <li>☆Physical Education</li> </ul>
<p><b>MISSION 3 - BLAST OFF WITH HEALTHY EATING</b> Students explore healthy eating habits and how eating well gives them energy, and helps them grow, learn and feel good.</p>	<ol style="list-style-type: none"> <li>1. Recognize nutritious foods are needed for energy and to grow, learn and feel good.</li> <li>2. Identify healthy eating habits; e.g. eating a variety of foods, a balanced breakfast, lunch and dinner, choosing nutritious snacks and drinking water.</li> </ol>	<ul style="list-style-type: none"> <li>☆Language</li> <li>☆Health</li> <li>☆Art</li> <li>☆Physical Education</li> </ul>
<p><b>MISSION 4 - FLYING WITH THE FAB FOUR</b> Students explore <i>Canada's Food Guide</i>, become familiar with foods in the four food groups, and learn to choose a variety of nutritious snacks.</p>	<ol style="list-style-type: none"> <li>1. Recognize the Food Guide rainbow and the variety of foods in <i>Canada's Food Guide</i>.</li> <li>2. Identify the four food groups in <i>Canada's Food Guide</i> and give examples of foods in each food group.</li> <li>3. Be able to choose healthy snacks that include a variety of foods from the four food groups.</li> </ol>	<ul style="list-style-type: none"> <li>☆Health</li> <li>☆Language</li> <li>☆Art</li> <li>☆Math</li> <li>☆Physical Education</li> </ul>
<p><b>MISSION 5 - FINDING FOOD LABELS</b> Students explore how food labels give us important information for healthy eating.</p>	<ol style="list-style-type: none"> <li>1. Understand that different types of food are needed for good health.</li> <li>2. Know that foods are classified into four food groups.</li> <li>3. Identify the food groups and give examples of foods in each group.</li> <li>4. Recognize that food packaging gives us important information for healthy eating.</li> </ol>	<ul style="list-style-type: none"> <li>☆Health</li> <li>☆Language</li> <li>☆Art</li> <li>☆Physical Education</li> </ul>



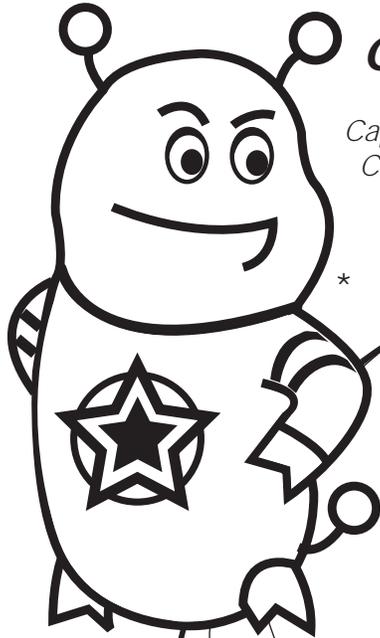
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## Introducing the MISSION NUTRITION\* Team

A group of aliens called the MISSION NUTRITION\* team has come from outer space to learn about Earthlings. They want to know all about our habits and how we grow and go. Their many questions about people on Earth have brought them from the farthest corners of the galaxy. And they would like us to help them in their journey! Let's learn a little bit more about our heroes:

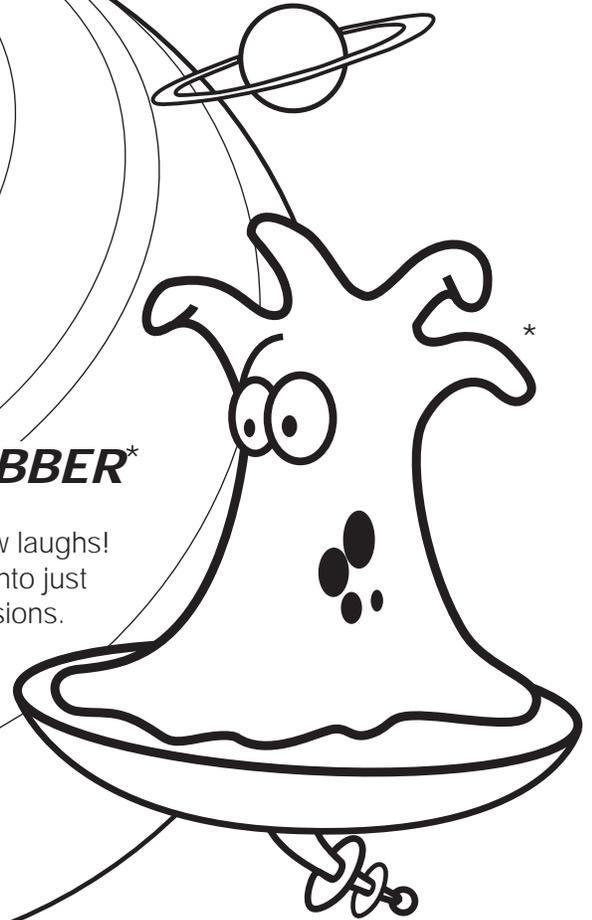
### CAPTAIN KIP\*

Captain Kip\* is the leader of the MISSION NUTRITION\* team. Captain Kip\* has lots of confidence and likes to ask questions and share important information to help lead us through the Missions.



### GLUBBER\*

Glubber\* is full of fun... get ready for a few laughs! Glubber\* has incredible shape-changing powers and can turn into just about anything to guide us and give us clues to help solve the Missions.



### HANDY-BOT\*

Captain Kip\* and Glubber\* built Handy-Bot\* to help them in their travels. With a "can-do" attitude, Handy-Bot\* loves to learn new things and is always ready to pitch in with tools to help carry out the Missions.

