



## **Mission: Health** **Kindergarten (K5), grades 1, 2 and 3**

### **An intro to obesity prevention and healthy habits**

Start your early elementary learners on the road to a healthy lifestyle with *Mission: Health*, a fun and interactive e-learning program. Education experts at Children's Health Education Center, in collaboration with Children's Hospital of Wisconsin's NEW (Nutrition, Exercise and Weight Management) Kids™ Program, designed it specifically for kindergarten (K5) and grades 1, 2 and 3. You will appreciate how easily the program integrates into your present curriculum. Each grade level features a unique curriculum consisting of six short, 10- to 12-minute, grade-specific core lessons, along with a variety of engaging online games and activities. Other classroom and take-home activities also are included in a teacher's guide.

*Mission: Health* is designed as a technology-based, teacher-facilitated and student-centered program. It also can be used independently by students if school resources and curriculum allow. Set in outer space, the four main characters are on a quest to learn more about healthy eating and getting the right kind of physical activity. Their ideas and stories are creatively mixed throughout the instructional portions of the program, and students even have an opportunity to get moving right along with the characters.

The program aligns with many of the National Health Education Standards and focuses on teaching students:

- The importance of eating three healthy meals a day.
- How to choose physical activities they enjoy to stay healthy through the use of the Activity Pyramid.
- How to choose healthy foods and beverages.
- The basics of MyPyramid.gov and how it can help students make healthy food choices.
- The importance of goal-setting in living a healthy lifestyle.



Because *Mission: Health* was designed with specific grade-centered goals, each program can be used independently or sequentially to introduce and reinforce both basic and intermediate health topics. You may use the program as an effective stand-alone or to supplement existing classroom lessons and activities. It also prepares students for the health and wellness topics explored in *Energy Extreme*, a BlueKids.org e-learning program designed for grades 4 and 5.

*Mission: Health* features a comprehensive teacher's guide for each grade level that prepares teachers to use CHEC's e-learning solution in their classrooms. The guide provides:

- Details of all activities and lessons.
- Learning objectives aligned with national standards and core concepts.
- Classroom implementation strategies.
- Alternative teaching delivery methods.
- Take-home activities.
- Additional resources.

*Mission: Health* is an affordable solution to your health requirement. You may purchase the course on a one-time basis or by an annual license agreement through your school district. Program discounts are available to fit classroom or school district budgets. E-mail CHEC at [chec@chw.org](mailto:chec@chw.org) for more information.

### **Course name**

*Mission: Health*

### **Target age group**

Kindergarten (K5), grades 1, 2 and 3

### **Course content**

Healthy eating, physical activity, obesity prevention.

### **Instructional strategies**

Interactive learning activities and games; other classroom and take-home activities; cross-curriculum activities.

### **Target course length**

45-60 minutes (depending on grade level) for online activities; classroom activities require additional time.

### **Aligned to the following standards**

National Health Education Standards.

### **Support materials**

- Teacher's guide.
- Technical support.
- E-learning consultant.



Children's Health  
Education Center™



All BlueKids.org online curricula is brought to you by the health education experts at CHEC. Affiliated with Children's Hospital of Wisconsin, one of the leading pediatric hospitals in the country, CHEC is committed to partnering with teachers to help students make healthy choices for life.