

PROGRAM OVERVIEW

CHEC-In Activities

Core Curriculum:

- Body Systems
- Nutrients
- Body Needs

CHEC-Out Activities

CHEC-In Activities prepare your students to learn by assessing their current knowledge and nutritional choices. The Core Curriculum presents accurate, up-to-date information using a variety of instructional methods to engage your students. The CHEC-Out Activities allow students to re-assess what they've learned as well as demonstrate the application of their knowledge by creating a capstone comic strip.

Energy Extreme!

WELCOME!

Children's Health Education Center (CHEC) has developed a fun, interactive educational program for your students that fulfills National Health Education requirements. The program can be used as a complete solution to your body systems and nutrition curriculum needs, or it can be used as a supplement to your current curriculum. Meet Ian, Sofia, Carly, and the rest of the gang, as they learn about different body systems, nutrition, and other healthy habits, and interact with your students in this highly engaging program!

Energy Extreme! Program Curriculum

CHEC-IN ACTIVITIES

1. CHEC Yourself Pre-Test
2. Activity: Meet the Extreme Team!

CORE CURRICULUM

BODY SYSTEMS

1. Mini-Lesson: Splendid Systems
2. Activity: Recipe of You
3. Activity: Energy Extreme Exploratorium
4. Activity: X-Ray Eyes

CHEC-OUT ACTIVITIES

1. Game: Energy Extreme Challenge
2. Create Your Own: Healthy Comic Strip
3. CHEC Yourself Post-Test
4. CHEC-Out Survey

NUTRIENTS

1. Mini-Lesson: Nutrients
2. Activity: Web Quest (take home)
3. Game: Food Fight!
4. Activity: Ian's Story

BODY NEEDS

1. Mini-Lesson: Body Needs
2. Game: Mind Games
3. Activity: Balancing Act
4. Game: Energy Extreme Triathlon