

HEALTHY KIDS QUEST

Grades 1 to 3

What is the Healthy Kids Quest?

Why take on the **Healthy Kids Quest** program? To encourage students to explore different ways of taking care of themselves so that their bodies can function, they feel good, and they are able to live well. Based on their budget, culture, preferences, and lifestyle, students may have different ways of taking care of themselves, but they all follow these core principles: eating well, drinking enough water, enjoying food, being active, limiting screen time, getting enough sleep, and spending time with others.

Introducing students to these vital components of healthy living, fostering their curiosity, and allowing them to explore what they like to do to take care of themselves will help students create and practise positive lifestyle habits as they mature.

The **Healthy Kids Quest** is a flexible program designed for Grade 1 to 3 classes across the country. The program comprises seven modules. Each module includes a main lesson plan, with several additional activities. You can use whichever parts best suit your group.

A Cross-Curricular Program

The program is suited to curricula across all Canadian provinces and territories. The material extends beyond the Health and Physical Education curriculum to English, Mathematics, Science and Technology, and Social Studies.

The program consists of modules, each with a theme associated with healthy living and a variety of lessons and activities to be completed in class. Some of the activities are interconnected, but others are completely independent.

The goal of the **Healthy Kids Quest** program is to help students understand how to take care of themselves so that they can start to develop positive lifestyle habits and skills. The program covers the topics of eating well, drinking enough water, enjoying food, being active, limiting screen time, getting enough sleep, and spending time with others. As you deliver the **Healthy Kids Quest** lesson plans and lead the activities, please keep these guidelines in mind:

- Talk about food in a neutral manner so that students can develop a positive attitude

towards eating: avoid labelling foods as “healthy” vs. “unhealthy,” “good” vs. “bad,” or calling certain foods “treats.” Most of the time children don’t have control over the food that’s provided to them at home, and labelling foods can lead to anxiety and guilt around eating. Adopt the mindset: Food is food, and we need to eat all types of food to nourish our bodies.

- Spark curiosity about food and encourage food exploration — children will discover and learn about many different foods and dishes throughout their lives. Providing basic knowledge of where different foods come from and how they are prepared can help set students up for a lifetime of food exploration.
- Emphasize the value of screen-free time and activities. Whether that means enjoying a meal with family, playing imaginary games with friends, or sitting quietly to draw or colour on their own, these moments provide children with valuable opportunities to bond with others, connect with their culture and community, and learn about themselves and what they like to do. Excessive recreational screen time is a distraction that takes time away from these valuable moments.

Modules

We recommend starting the program with the **Living Well** introduction. This module includes fun activities that help the students make the connection between what they need to do to take care of themselves and feeling good.

Once the students understand these basic concepts, you can introduce any of the following themes to your class:

Lunchtime Fun!
Vegetables and Fruits
Whole Grain Foods
Be Active!
Water for Me, Please!
Memorable Meals

