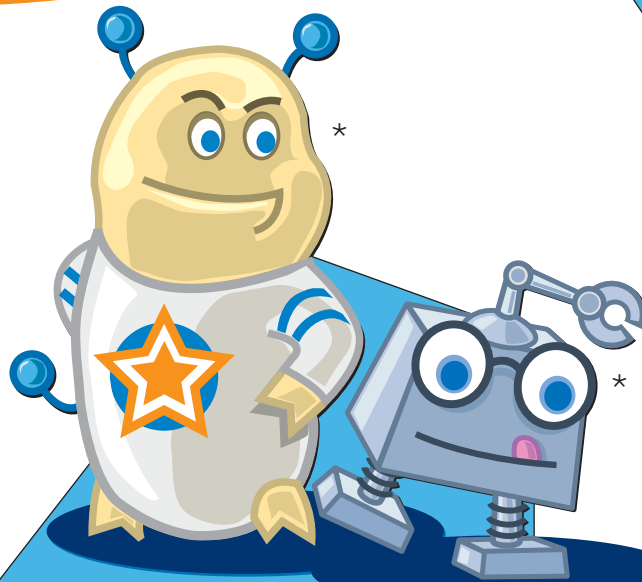


# MISSION NUTRITION

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



## Grades 2-3

**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



Adventures in learning, created by Canadian dietitians

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, the 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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**Curriculum  
 Connections**

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**MISSION OBJECTIVES**

**LEARNING EXPECTATIONS**

**SUBJECTS**

**MISSION 1 - APPRECIATING  
 YOU AND ME**

Students explore how they are similar and different, identify personal strengths and learn to appreciate themselves and others.

1. Identify and appreciate similarities and differences between themselves and others.
2. Understand that individuals go through similar stages of development at different rates and times.
3. Identify personal strengths and demonstrate appreciation for own body and abilities.

- ☆ Health
- ☆ Social Studies
- ☆ Language
- ☆ Art
- ☆ Physical Education

**MISSION 2 - GREAT GOALS  
 FOR HEALTH**

Students explore ways to be healthy, describe how healthy eating and physical activity help them feel good and set their own healthy habit goals.

1. Identify daily habits for health (eating well, being active, eating breakfast, taking care of teeth, drinking water and getting enough sleep.)
2. Describe the benefits of healthy eating and physical activity.

- ☆ Health
- ☆ Language
- ☆ Art
- ☆ Physical Education
- ☆ Drama

**MISSION 3 - FOOD TO GROW,  
 GO AND GLOW**

Students explore the importance of healthy eating habits for energy, growth and learning. They will learn the key functions of the four food groups from *Canada's Food Guide*.

1. Describe the importance of food for the body (e.g., for energy, growth and learning).
2. Identify the basic functions of the food groups for growth and development.

- ☆ Health
- ☆ Language
- ☆ Art
- ☆ Social Studies

**MISSION 4 - VARIETY FOR  
 VITALITY**

Students explore the concepts of variety and moderation and learn how to create menus for meals based on *Canada's Food Guide*.

1. Identify healthy eating patterns according to *Canada's Food Guide*.
2. Apply decision-making skills to create menus for healthy meals.

- ☆ Health
- ☆ Language
- ☆ Math
- ☆ Art

**MISSION 5 - READING FOOD  
 LABELS**

Students explore how to identify and read nutrition information found on food labels.

1. Understand that foods provide energy and nutrients.
2. Realize that different foods provide different nutrients.
3. Identify important information found on food labels.

- ☆ Language
- ☆ Math
- ☆ Health
- ☆ Physical Education
- ☆ Art



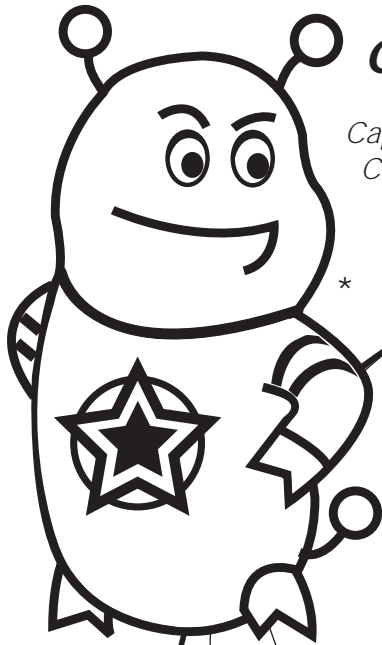


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## Introducing the MISSION NUTRITION\* Team

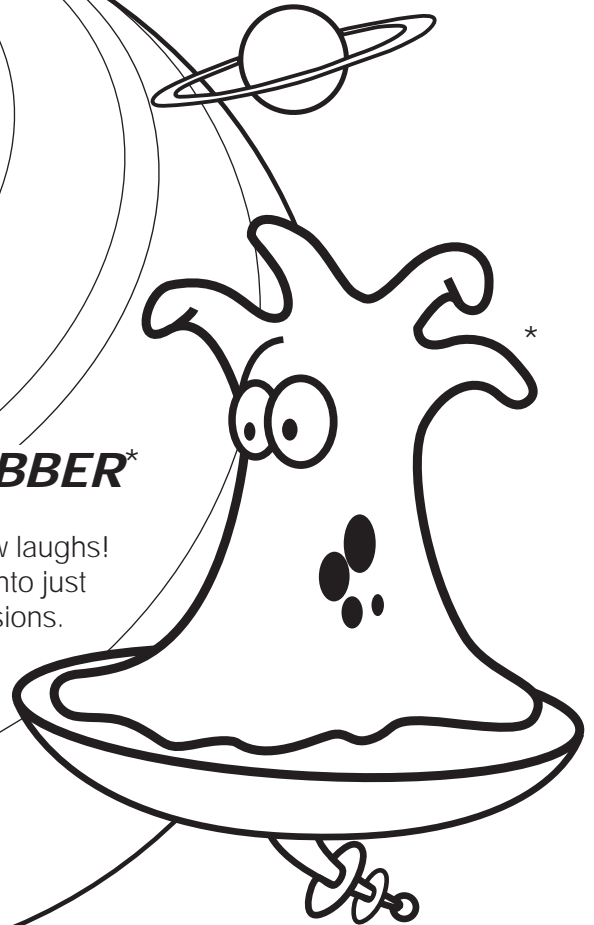
A group of aliens called the *MISSION NUTRITION\** team has come from outer space to learn about Earthlings. They want to know all about our habits and how we grow and go. Their many questions about people on Earth have brought them from the farthest corners of the galaxy. And they would like us to help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

### CAPTAIN KIP\*



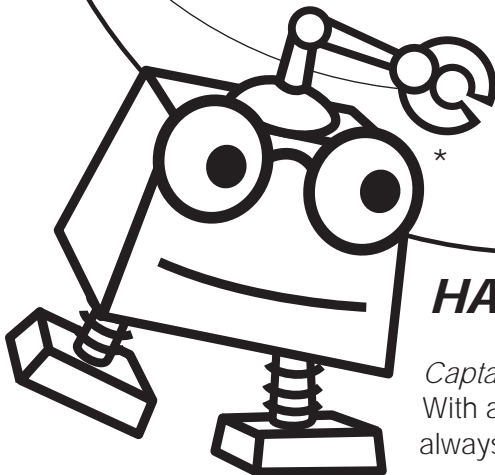
*Captain Kip\** is the leader of the *MISSION NUTRITION\** team. *Captain Kip\** has lots of confidence and likes to ask questions and share important information to help lead us through the Missions.

### 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.