

# BLAST-OFF with the MISSION NUTRITION\* Program!

Make healthy eating, physical activity and positive self-esteem come alive!

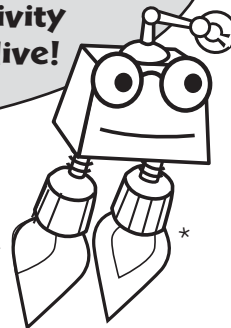
[www.missionnutrition.ca](http://www.missionnutrition.ca)

Visit [www.missionnutrition.ca](http://www.missionnutrition.ca) to embark on your MISSION NUTRITION\* learning adventure now!

Find fun, interactive learning activities to use in the classroom and at home to get children excited about healthy living!

**MISSION NUTRITION\***

Adventures in learning, created by Canadian dietitians

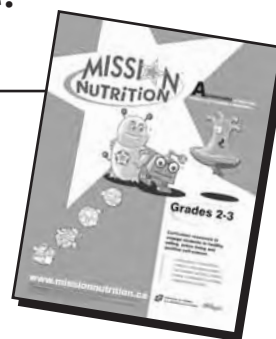


All material updated to reflect the new **Canada's Food Guide!**

## FOR EDUCATORS

### MISSION NUTRITION\* Resources for Grades K-8:

- ☆ Ready-to-use Lesson Plans
- ☆ Fun Student Activities
- ☆ Curriculum Connections
- ☆ Teacher Notes
- ☆ Assessment Rubrics



Use the MISSION NUTRITION\* resources to meet curriculum expectations in:

- ✓ health
- ✓ language
- ✓ social studies
- ✓ information technology
- ✓ physical education
- ✓ math
- ✓ science

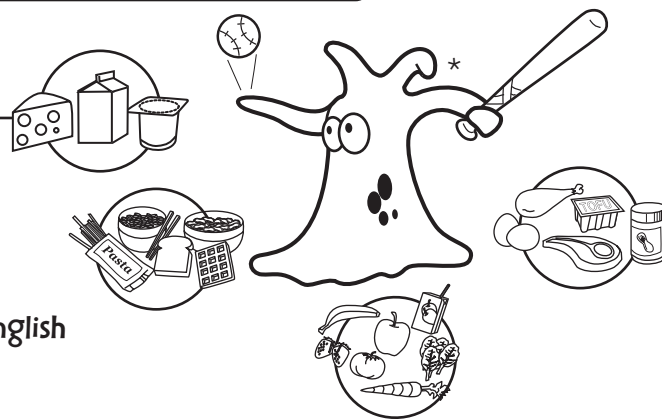
## FOR FAMILIES

### MISSION NUTRITION\* Resources for Families:

- ☆ Fun Family Activities
- ☆ Healthy Living Tips
- ☆ And More!

All MISSION NUTRITION\* resources are available free in English and French on-line at: [www.missionnutrition.ca](http://www.missionnutrition.ca)

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.



*Kellogg's*