



HEALTHY KIDS QUEST

Grades 1 to 3

What is the Healthy Kids Quest?

Why take on the Healthy Kids Quest? To encourage and empower students to make healthy lifestyle choices. A healthy, balanced lifestyle is particularly important for children, since habits established in childhood often stay with us for life.

The Healthy Kids Quest is a flexible program designed for grade 1 to 3 classes across the country. The program has six themes and, before beginning the program, you must choose one theme for each day of the week. Each theme includes an introductory lesson plan, a theme-specific challenge, one or more follow-up activities and an information sheet for parents. Aside from the challenges, all other components are optional. You can use whichever parts best suit your group.

During the program's kickoff week, your class, as a group, will set themselves one theme-related challenge for each day of the week. If your chosen theme for Monday is Vegetables and fruit, for example, they might aim to include one of each in their lunch boxes (they'd then repeat that challenge every Monday, for as long as desired). Classes that achieve their objectives for at least four weeks will earn rewards, ranging from a homework-free night to a pyjama day.

A cross-curricular program

The lesson plans are suited to curricula across all of Canada's provinces and territories. The material extends beyond the Health and Physical Education curriculum to English, Mathematics, Science and Technology, and Social Studies.

The introductory activities are designed to introduce the themes and to help students set realistic challenges related to each of them. The follow-up activities (which often refer to the introductory activities) are designed to reinforce the students' understanding of the themes. Most of the follow-up activities go beyond the Health and Physical Education curriculum to explore the themes from the standpoint of a different subject.



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Parent participation is key to the students meeting the challenges. Components of the program are explained in information sheets addressed to parents. These handouts describe the selected themes, and include helpful tips and easy, nutritious recipes for the whole family, which will help parents support their children.

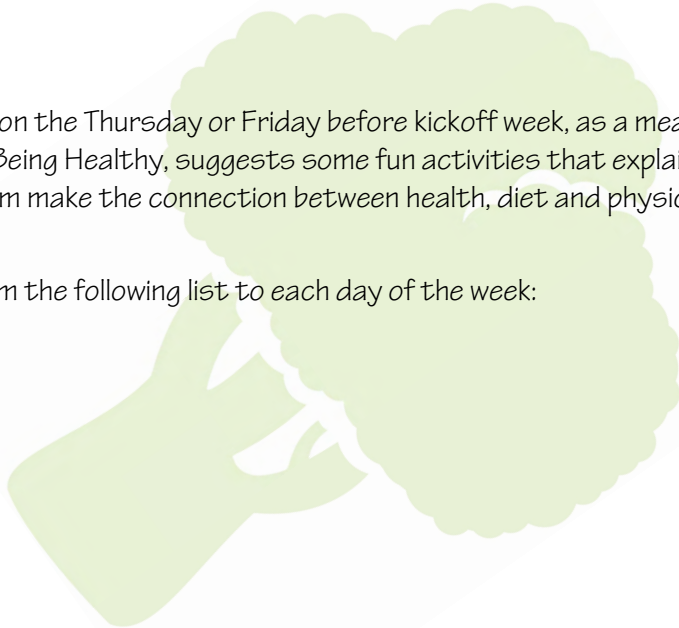
It's recommended that a copy of *Canada's Food Guide* be sent home to each family at the start of the program. The guides can be ordered (free of charge) at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.

Themes

It's a good idea to introduce the program on the Thursday or Friday before kickoff week, as a means of preparing students. The introduction, *Being Healthy*, suggests some fun activities that explain the program to students and will help them make the connection between health, diet and physical activity.

Before kickoff week, assign one theme from the following list to each day of the week:

- A balanced lunch box
- Vegetables and fruit
- Whole grains
- Physical activity
- H₂O: my beverage
- Nutritious snacks



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Reward coupons

At the end of the program, when students have met the challenges set, pick which coupons to give them as rewards (see below). Choose an appropriate time to present the coupons as a means of congratulating the students and highlighting their efforts. You can also create tailor-made coupons for students.

PYJAMA DAY

HOMEWORK-FREE NIGHT

TAKE A TOY TO SCHOOL DAY

WILD HAIR DAY

EXTRA 20 MINUTES AT RECESS



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Dear parents and guardians,

For the next month, your child's class will be participating in the **Healthy Kids Quest**, a program designed to empower and educate students so that they make healthy lifestyle choices.

A healthy, balanced lifestyle is particularly important for children: it can set them on track toward maintaining healthy habits as they mature.

For the past week, in-class activities have explored the themes of eating healthy food and being physically active. At the end of each day, the students, as a group, set themselves some realistic challenges to take on for the remainder of the program. Classes that meet their goals will earn rewards, ranging from a homework-free night to a pyjama day.

How to support your child

You can help with these challenges! Ask your child to participate in choosing groceries and preparing his/her lunch box. Encourage play that involves being physically active. Remember that your support is important, but your child must also get involved and be engaged.

Here are the challenges the students have set for each day of the week. The program will run until _____.

Monday	Tuesday	Wednesday	Thursday	Friday

To help you support your child's efforts, ideas for nutritious snacks and recipes, as well as information about the program's themes, will be sent home to you.

Thank you for your co-operation!



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