

Weller Health Education Center

Handful of Healthy Habits

Hygiene

Grades PreK-1

Table of Contents

Program Objectives.....	2
English Activity.....	3
Math Activity.....	4-5
Large Group Activity.....	6
Note to Teacher.....	6
Connection with Home: Letter to Guardians.....	7
HANDFUL OF HEALTHY HABITS-Weekly checklist.....	8



Program Objectives

Program Description:

Introduce students to the world of healthy habits with activities to emphasizing good nutrition, exercise and keeping clean.

Standards:

PA 1.6.3ad, 10.1.3ce, 10.2.3ab, 10.3.3d, 10.4.3ac

NJ 2.1.2ace, 2.5.2ad, 2.6.2a,

Objectives:

Upon completion of the program, students will:

1. Recite the 5 healthy habits
2. Differentiate between exercise and sedentary activities
3. Explain 1 way to stay safe while exercising
4. Demonstrate the proper way to brush teeth
5. Explain 1 way to reduce germs on the body

Terms:

Dental hygiene– the practice of keeping the mouth in a healthy condition by brushing and flossing teeth 2-3 times each day

Exercise– moving many body parts at the same time in order to make or keep someone’s body healthy, exercise makes the heart pump harder and faster

Food pyramid– a diagram to explain nutritional guidelines, following the food pyramid allows us to make healthy choices for our body

Germ– a very small organism that makes people sick, contact with germs can be reduced by washing hands, bathing regularly and using tissues when blowing your nose among other behaviors

Habit– something which you do often and regularly, often without knowing that you’re doing it, the healthy habits are behaviors that keep the body strong and healthy

Health– a state of being well

Organ– an internal part of the body, the heart, lungs and stomach are examples of organs

Heart – the organ that pumps blood throughout the body

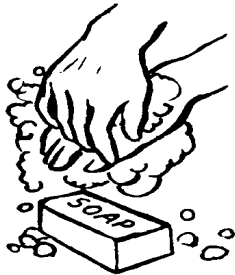
Lungs– organs that help us breathe by bringing oxygen into our bodies

Stomach– is the organ that helps digest food by breaking the food we eat into tiny pieces



Healthy Habits

Directions: Put an "X" though all the unhealthy pictures.

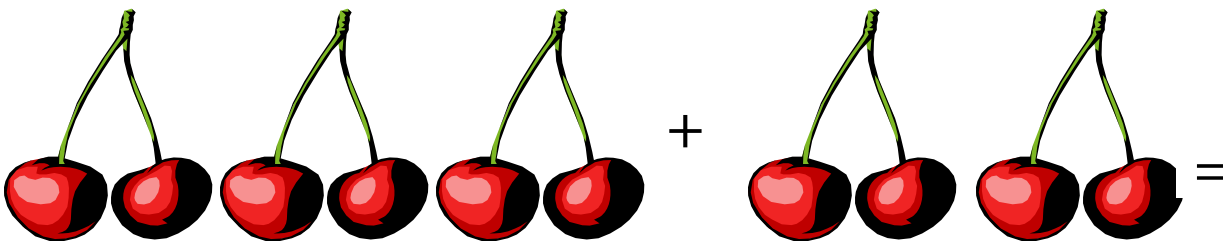
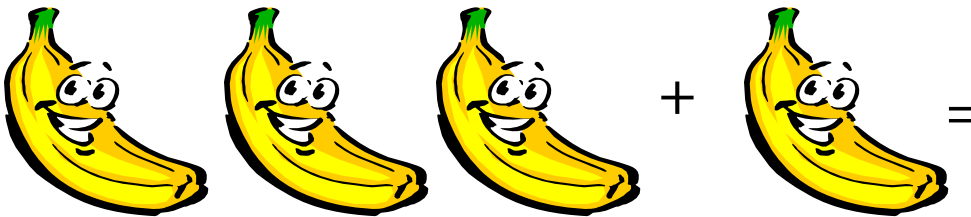




Math Activity

Fruits

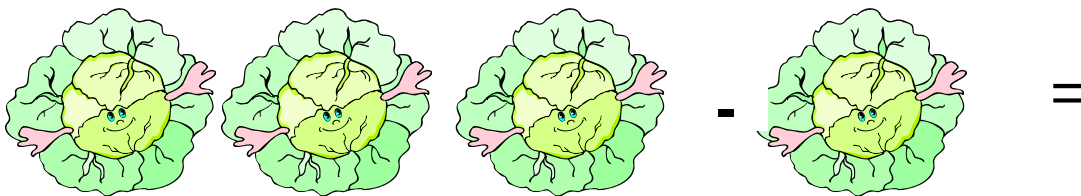
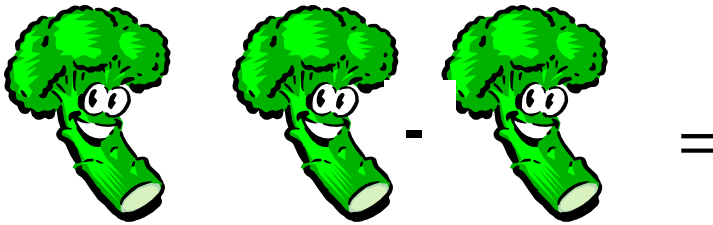
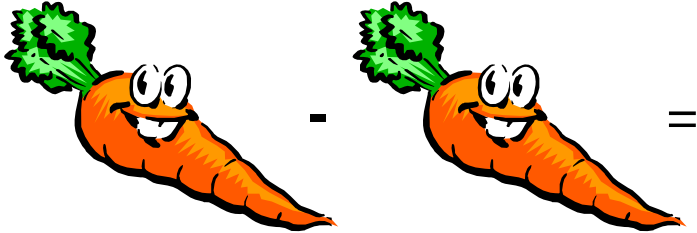
Directions: Add up the foods below.





Vegetables

Directions: Subtract the number of food below.





What's For Breakfast, Lunch and Dinner?

Objective

- Understand that eating a variety of foods keeps us healthy.

Materials

- Drawing paper

Activity

1. Have children draw pictures of their favorite foods, or find and paste pictures of the foods on sheets of paper. Help them print their names under the pictures. Then have children show their pictures and tell what foods they have drawn and when they eat it. Arrange the completed pictures on a bulletin board titled "Breakfast, Lunch and Dinner Favorites." Review the menus with children and talk about why they are eating certain foods for breakfast, lunch and dinner.
2. For favorite foods that may be less healthy, have the group suggest alternative options that are more healthy but still similar to the favorite.
3. Encourage them to discuss details of their pictures. Point out all of the foods in the pictures that people might eat for healthful meals.
4. Give each child a paper plate. Ask children to recall the foods they ate yesterday at breakfast, lunch or dinner and draw pictures of one meal on the plate. Ask volunteers to show their plates and name the foods they ate.

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Handful of Healthy Habits” that was presented by the Weller Health Education Center. This program, through use of puppets, taught children about five healthy habits: eating healthy food, exercising, keeping safe, keeping the body clean, and sleeping. The Weller Health Education Center reinforces healthy habits as easy tasks that we can do to keep us healthy every day.

Parents usually have the best intentions when it comes to making sure their kids are growing up healthy. But in a world where parents are overworked and exhausted it can be challenging. Last year, the International Obesity Task Force estimated that more than 35 percent of American children aged 6 to 17 exceeded their ideal body weight. The excess weight can cause somber long-term health problems such as heart disease and diabetes, and emotional problems like depression and low self-esteem. According to researchers at the Medical College of Georgia, last year they found that kids who play briskly for 20 to 40 minutes do better in school and are much happier. Regarding safety, researchers found that while 70 percent of parents say their child always wears a bicycle helmet while riding; only 51 percent of children report actually wearing a helmet. Additionally, sleep problems and disorders are prevalent at this age. Children aged five to 12 need 10-11 hours of sleep. Poor sleep habits can lead to mood swings, behavioral problems and cognitive problems that impact their ability to learn in school. In short, basic tasks such as brushing teeth, sleeping and washing hands can translate to profound impacts on health.

Below you will find some sample activities to guide you in taking steps to improve your family’s healthy habits. These activities can help to continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org

Sample Activities:

1. Make it fun
 - a. Brightly colored toothpaste with sparkles, a toothbrush in your child’s favorite color or decorated with their favorite cartoon character. Scents, vivid colors and fun shapes add excitement to soaps. Bubble bath, fizzy bath or a drop or two of essential oil can make bath time just that bit more special.
2. Be an effective role model: Children look up to you and will follow your example.
3. Emphasize safety in every aspect.
4. Keep a chart and track your progress. Habits can be reinforced in as little as a week!

Yours in good health,
Weller Health Education Center



Handful of Healthy Habits-Weekly Checklist

	Brush Teeth (2x).	Go outside to play.	Used appropriate safety gear.	Washed hands after eating.	Cooperate at bedtime and got ample amount of sleep.
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					