

Weller Health Education Center

Handful of Healthy Habits

Healthy Bodies series

45 minute, outreach program

Grades Pre-K - 1

Course Description

This program introduces students to the world of healthy habits with friendly and helpful puppets leading the way. Program activities emphasize good nutrition, exercise and keeping clean.

Objectives

1. List three healthy habits.
2. Explain one way to stay safe while exercising.
3. Explain one way to keep our body clean.

PA Standards

Health, Safety and PE Standards:

- 10.1.3.C Explain the role of the food guide pyramid in helping people eat a healthy diet.
- Variety of foods
- 10.1.3.E Identify types and causes of common health problems in children.
- Infectious diseases
 - Germs
- 10.2.3.A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- 10.3.3.A Recognize safe/unsafe practices in the home, school, and community.
- Modes of transportation
- 10.3.3.D Identify and use safe practices in physical settings (proper equipment, knowledge of rules, guidelines of safe play, etc.).

Cross Curricular Opportunities

Science:

- 3.1.3.A.2 Describe the basic needs of living things and their dependence on light, food, air, water, and shelter.
- 3.2.3.B.1 Explain how movement can be described in many ways.

Reading, Writing, Speaking and Listening:

- 1.1PK.D Demonstrate listening comprehension/understanding before, and after reading through strategies such as answering questions, retelling, and connecting to prior knowledge.

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- 1.1.PK.E Apply knowledge of letters and sound to read simple words.
- 1.3.PK.C Identify literary elements (characters and events) in stories.
- 1.6.PK.A Listen attentively and respond in conversation.
- 1.6.K.A Listen and respond appropriately to others in small and large group situations.
- 1.6.1.A Listen actively and respond to others in small and large group situations with appropriate questions and ideas.
- 1.6.PK.B Speak in simple sentences. Share experiences when asked.
- 1.6.K.B Speak clearly enough to be understood by all audiences using appropriate volume.

The **Healthy Bodies** series also includes these programs:

- Dental Detectives, grades Pre-K – 1
- Kids in Motion, grades 1 – 3
- Odorology, grade 4
- Life Begins, grades 5 – 6
- Body Smarts, grades 5 – 7
- Big Changes, Big Choices, grades 6 – 8
- NoBody's Perfect, grades 6 – 10
- Stress Less, grades 6 -12
- Who Do You Trust?, grades 8 – 12
- Better Start Early, grades 9 – 12