

Be a Food Groupie

3rd grade

60 minute Classroom Program \$7 Per Child

Everyone eats—but why? This program explains the purpose of food and eating and consequently why all food choices are NOT created equally. Equip yourself with “smart-food-know-how” on choosing whole grains, reading food labels, and avoiding portion distortion. Through multiple “interactivities” and demonstrations, kids will have a great time increasing their food I.Q’s.

Two hour Field Trip Experience includes:

Classroom Program, Fun-tastic Exhibit Floor, and Interactive Brain Theater

BE A FOOD GROUPIE meets the following Mississippi State Health Competencies:

Mississippi State Health Competencies

Competency 1: Comprehend concepts related to health promotion and disease prevention to enhance health. (PH, N) NHES 1
Sub-Competencies:

- Recognize and describe the relationship between personal health behaviors and individual well-being.

Competency 3: Demonstrate the ability to access valid health information and products and services to enhance health. (CH) NHES 3
Sub-Competencies:

- Identify and discuss hazardous products.

Competency 5: Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H) NHES 5
Sub-Competencies:

- Communicate information that promotes positive health choices (e.g., nutrition, physical activity, drug use, peer choices).

Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH) NHES 7

(continued)

State Health Competencies (continued)

HealthWorks!
219 S. Industrial Road, Tupelo, MS 38801
(662) 377-KIDS

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health. (PH, F) NHES 8

Sub-Competencies:

- Describe characteristics needed to be a responsible friend and family member.

Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:

<i>Personal Health and Consumer Health (PH) (CH)</i>	<i>Nutrition and Fitness (N)</i>
<i>Mental Health (M)</i>	<i>Substance Abuse Prevention (SA)</i>
<i>Family/Social Health (F)</i>	<i>Community and Environmental Health (C)</i>
<i>Human Growth and Development (H)</i>	<i>Safety and First Aid (S)</i>
<i>Disease Prevention and Control (D)</i>	<i>National Health Education Standards (NHES)</i>