

SUPERhero Healthy

Kindergarten

30 minute Classroom Program \$6 Per Child

Calling all superheroes! Grab your capes and join the search for healthy foods. We will run, hop and fly to the rescue as we learn about good nutrition! This class will empower even the youngest child to make good choices so they can grow strong and superhero healthy.

90 minute Field Trip Experience includes:

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

SUPERHERO HEALTHY meets the following Mississippi State Health Competencies and ELA Common Core Standards:

Mississippi State Health Competencies

Competency 1:

Comprehend concepts related to health promotion and disease prevention to enhance health. (D, PH, N, H) NHES 1

Sub-Competencies:

- Explain how childhood injuries and illnesses can be prevented or treated.
- Describe relationships between personal health behaviors and individual well-being.
- Identify the food groups of the Choose My Plate.

Competency 2:

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (M) NHES 2

Competency 3:

Demonstrate the ability to access valid health information and products and services to enhance health. (C, S, CH) NHES 3

Sub-Competencies:

- Demonstrate healthy behavior in daily activities.

Competency 5:

Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5

Sub-Competencies:

- Identify healthy foods to include snack and drinks.
- Identify healthy activity choices.

(continued)

**HealthWorks!
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ELA Common Core

Writing Standards

W.K.8 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

Language Standards

L.K.5.c Identify real-life connections between words and their use (e.g., note places at school that are colorful)

Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:*Personal Health and Consumer Health (PH) (CH)**Nutrition and Fitness (N)**Mental Health (M)**Substance Abuse Prevention (SA)**Family/Social Health (F)**Community and Environmental Health (C)**Human Growth and Development (H)**Safety and First Aid (S)**Disease Prevention and Control (D)**National Health Education Standards (NHES)*