Healthy Kids, Healthy Start!
First Grade Education

Enhance your classroom health education experience with fun and active lessons.

What is it?

- Five 30 minute, standards-based health lessons.
- The 5-2-1-0+ healthy habits are incorporated into all of our lessons.
- Topics include: five food groups, screen time, exercise, zero sugary drinks and sleep.

Why?

- The goal of Healthy Kids, Healthy Start! is to teach healthy habits to first grade students at the beginning of their school experience.
- Starting students off with the knowledge to make healthy choices sets them up for success!
- Numerous studies show the direct link between healthy, physically active kids and academic achievement. Healthy kids have improved math, reading and writing scores, better grades, higher levels of self-esteem, reduced disruptive behaviors and lower levels of anxiety and stress.

What Health Education Standards are covered by the Healthy Kids, Healthy Start! lessons?

**Standard: Physical and Personal Wellness in Health 1.0:** Identify the major food groups and the benefits of eating a variety of foods.

**Standard: Physical and Personal Wellness in Health 2.0:** Explain why sleep and rest are important for proper growth and good health.

**Standard: Physical and Personal Wellness in Health 2.0:** Understand that physical activity increases the heart rate making the heart strong.