

# Kid Healthy Ideas™ | TOUR HIGHLIGHTS



**Kid Healthy Ideas** is a fun, educational Field Trip that gets children excited about daily health and wellness practices in the aisles of their local **Stop & Shop**. Practical nutrition lessons are taught in the very place where food choices are made – the aisles of a grocery store. This trip aligns with your local learning standards, including STEM\*.

## Essential Health Concepts

- Recognize and identify the principles of MyPlate
- Demonstrate the ability to select healthy foods and beverages
- Describe the benefits of good dental health
- Identify personal health-enhancing strategies related to nutrition
- Describe relationships between personal health behaviors and individual well-being
- Understand the importance of nutrients and how they impact/benefit the body
- Access and assess valid information (e.g. Read nutrition labels)
- Recognize the environmental impact of personal decisions and how to use the 3R's - Reduce, Reuse, Recycle
- Explain how basic health information and resources are used in setting goals and decision making

## \*Science, Technology, Engineering and Math

- Investigate different nutritional relationships
- Examine the roles of consumers and producers
- Develop skills that support inquiry into the natural world, principles and technology
- Recognize that design and problem solving involve many factors
- Develop independent reasoning to communicate mathematical ideas

## Communication Arts

- Identify and use effective listening strategies
- Display respectful behavior when speaking and listening
- Ask and answer questions about information from a speaker, offering appropriate elaboration and detail
- Evaluate a speaker's point of view and reasoning



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Tour Stop	Message & Activities*
Front of Store	Greeting and introduction of guide and Kid Healthy Ideas. <b>Activity:</b> Introduction of MyPlate, Healthy Ideas symbol
HBC in front of Oral Care <b>S</b>	Stretching and brushing your teeth are great ways to start the day and stay healthy! <b>Activity:</b> Stretch to warm up
Organic Cereal Section <b>S t</b>	Eating a nutritious breakfast gives us the energy we need to last the entire morning! Understand natural and organic food items. <b>Activity:</b> Read a nutrition label, Sample healthy cereal
Bottled Water Section <b>S</b>	Drinking enough water everyday keeps us healthy and hydrated. About 75% of our brains are water!
Produce <b>t m</b>	Fresh fruit and vegetables are a great way to get all the basic vitamins and minerals our bodies need. Remember, more matters! <b>Activity:</b> Mystery fruit game, Sample fresh fruit
Deli <b>e</b>	Eating a balanced and healthy lunch can provide our bodies all the nutrition we need to last until dinner! A sandwich is a fast and delicious way to eat foods from each food group in one meal! <b>Activity:</b> Learn to make a balanced sandwich
Dairy <b>m</b>	Eating and drinking at least 3 servings of dairy each day gives us strong bones and teeth! <b>Activity:</b> Sample cheese
Bakery <b>t</b>	The bakery provides many different kinds of healthy food from the grain section of MyPlate. <b>Activity:</b> Sample whole grain or pumpernickel bread
Seafood/Meat Department <b>S</b>	Protein is very important to help build muscles! <b>Activity:</b> Pet the lobster
Check-Out Aisle <b>t m</b>	Being active everyday is important—even shopping counts! It is also important to keep the earth healthy. Use your own reusable bags! <b>Activity:</b> Check-out healthy items, Learn how to save money

\*All activities are subject to availability and may change depending on the age of the students and size of the class.

## Learning Standard Key

**S** Science   **t** Technology   **e** Engineering   **m** Math

Lessons, discussions and activities throughout the tour align with STEM curriculum. We have highlighted areas of the tour where Science, Technology, Engineering or Mathematics curriculum is particularly evident. These areas will be indicated by the letters to the left.