

Kid Healthy Ideas™

Field Trip Highlights

Front of Store	Greeting and introduction of guide and Kid Healthy Ideas. Activity: Introduction of MyPlate, Healthy Ideas symbol, Nutrients (Gr. 3-6)
HBC in front of Oral Care	Stretching and brushing your teeth are great ways to start the day and stay healthy! Activity: Stretch to warm up
Cereal Section	Eating a nutritious breakfast every morning gives us the energy we need. Activity: Read a nutrition label, Sample healthy cereal
Bottled Water Section	Drinking enough water everyday keeps us healthy and hydrated. Recycle water bottles to keep them out of landfills.
Produce	Eat a variety of fruits and vegetables to get all the vitamins and minerals our bodies need. Activity: Mystery fruit game, Sample fresh fruit, Make a rainbow (K-2), Daily recommendations (3-6), Weighing produce
Deli	A healthy, balanced lunch includes foods from the different food groups. Activity: Make a balanced lunch menu
Dairy	Low-fat dairy products are healthy choices that gives us strong bones and teeth. Activity: Milk taste test
Bakery	The bakery provides many different kinds of healthy food from the grain section of MyPlate. Remember to choose whole grains. Activity: Observe, compare, and taste test whole and refined grains
Meat/Seafood Department	Lean protein is very important to help build muscles. Food donations and sustainable food practices help our communities. Activity: Pet the lobster
Check-Out	It is important to keep the earth healthy. Use your own reusable bags! Activity: Check-out healthy items

This experience supports STEM:

The lessons, discussions and activities throughout this experience support a STEM-based curriculum by emphasizing key concepts in Science, Technology, Engineering and Mathematics.

*All activities are subject to availability and may change slightly depending on the age of students and the overall size of the group.