

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

- 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