



## Fact Sheet : Healthy Kids Quest

The Healthy Kids Quest is a series of fun and challenging activities for teachers and community leaders to take on with their students. The program is designed to encourage and empower students to make healthy lifestyle choices. A healthy, balanced lifestyle is particularly important for children, since habits established in early childhood often stay with us for life. The Healthy Kids Quest was developed by The Canada Agriculture and Food Museum with support from Nestlé Canada and the Government of Canada.

- The Quest includes fun lesson plans that are suited to curricula for grades 1 to 3 across all of Canada's provinces and territories. The material extends beyond the Health and Physical Education curriculum to include English, Mathematics, Science and Technology, and Social Studies.
- Each activity and challenge can be tailored to individual classrooms or community group settings.
- Teachers or group leaders can select from six themed activity modules, including vegetables and fruits, whole grains, healthy snacks, a balanced lunch box, water, and physical activity.
- Each theme includes an introductory lesson plan, a theme-specific challenge, one or more follow-up activities and an information sheet for parents.
- As a group, participants set realistic goals to take on during the program, that once achieved will earn rewards – a homework free evening or a pajama day in class, for example.
- All program resources are available in English and French.
- All program resources are **free** and can be downloaded from the Museum's website.

For more information and to download this educational and fun resource package, please visit [healthykidsquest.ca](http://healthykidsquest.ca)



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