



2018-19 School Year
2nd Semester Healthy Kids Topics

Date	Week	Nutrition Topic	Units	Standards
1/10/2019	18	Resolve to Eat Right	Goals for Healthier Eating	HPE 2, NH 1, NH 6
1/17/2019	19	A Closer Look at Ingredients	Food Labels/ Serving Sizes/Nutritional Content	HPE 2, HPE 4, HPE 5, NH 1, NH 2, NH 3, NH 5
1/24/2019	20	What's a Serving Size (Servings Per Container)	Food Labels/ Serving Sizes/Nutritional Content	HPE 2, HPE 4, HPE 5, NH 1, NH 2, NH 3, NH 5
1/31/2019	21	Serving Size - Visuals	Food Labels/ Serving Sizes/Nutritional Content	HPE 2, HPE 4, HPE 5, NH 1, NH 2, NH 3, NH 5
2/7/2019	22	Deceptive "Healthy" Labels/ Savvy Shopping	Food Labels/ Serving Sizes/Nutritional Content	HPE 2, HPE 4, HPE 5, NH 1, NH 2, NH 3, NH 5
2/14/2019	23	Salt Content	Food Labels/ Serving Sizes/Nutritional Content	HPE 2, HPE 4, HPE 5, NH 1, NH 2, NH 3, NH 5
2/21/2019	24	Liquid Candy	Healthy Practical Eating Habits/Smart Food Choices	HPE 2, HPE 5, NH 1, NH 5
2/28/2019	25	Yogurt	Smart Food Choices	HPE 2, HPE 5, NH 1, NH 5
3/7/2019	26	Importance of Calcium	Smart Food Choices	HPE 2, HPE 5, NH 1, NH 5
3/14/2019	27	Dining Out - The Smart Way	Smart Food Choices	HPE 2, HPE 5, NH 1, NH 5
3/21/2019	28	Whole Grains	Smart Food Choices	HPE 2, HPE 5, NH 1, NH 5
3/28/2019	29	Keeping a Food Journal	Smart Food Choices	HPE 2, HPE 5, NH 1, NH 5
4/4/2019	30	Healthy Grilling	Healthy Food Habits / Choices	HPE 2, HPE 5, NH 1, NH 5
4/11/2019	31	Lifestyle - Not Diet	Healthy Food Habits / Choices	HPE 2, HPE 5, NH 1, NH 5
4/18/2019	32	Healthy Holiday Eating - Easter	Healthy Food Habits / Choices	HPE 2, HPE 5, NH 1, NH 5
4/25/2019	33	Pick Your Favorite Healthy Foods	Healthy Food Habits / Choices	HPE 2, HPE 5, NH 1, NH 5
5/2/2019	34	Cinco de Mayo	Healthy Food Habits / Choices	HPE 2, HPE 5, NH 1, NH 5
5/9/2019	35	Focus on Mealtime	Healthy Food Habits / Choices	HPE 2, HPE 5, NH 1, NH 5
5/16/2019	36	Healthy Summer Eating & Review	Healthy Food Habits / Choices	HPE 2, HPE 5, NH 1, NH 5
Summer Break				

Date	Week	Exercise Topic	Units	Standards
1/10/2019	18	New Year, New You!	Goals / Adopting a More Active Lifestyle	HPE 1, HPE 2, HPE 5, NH 1, NH 5
1/17/2019	19	Start Small	Warm-up/Stretching/Getting Started	HPE 2, HPE 5, NH 1
1/24/2019	20	Warm Up and Cool Down	Warm-up/Stretching/Getting Started	HPE 2, HPE 5, NH 1
1/31/2019	21	Balance	Warm-up/Stretching/Getting Started	HPE 2, HPE 5, NH 1
2/7/2019	22	Stretching	Warm-up/Stretching/Getting Started	HPE 2, HPE 5, NH 1
2/14/2019	23	Injuries	Warm-up/Stretching/Getting Started	HPE 2, HPE 5, NH 1
2/21/2019	24	Be a Team Player!	Adopting a More Active Lifestyle	HPE 1, HPE 2, HPE 5, NH 5
2/28/2019	25	Winter Activities	Adopting a More Active Lifestyle	HPE 1, HPE 2, HPE 5, NH 5
3/7/2019	26	Daylight Savings starts 3/11/18 - More Daylight!	Cardio Exercise Ideas	HPE 1, HPE 2, HPE 5, NH 5
3/14/2019	27	First Day of Spring - Get Outside!	Cardio Exercise Ideas	HPE 1, HPE 2, HPE 5, NH 5
3/21/2019	28	Do This, Not That	Adopting a More Active Lifestyle	HPE 1, HPE 2, HPE 5, NH 5
3/28/2019	29	Pedometer (Goal of 10,000 steps per day)	Cardio Exercise Ideas	HPE 1, HPE 2, HPE 5, NH 5
4/4/2019	30	Earth Month - Cardio Ideas	Cardio Exercise Ideas	HPE 1, HPE 2, HPE 5, NH 5
4/11/2019	31	Exercise Game	Cardio Exercise Ideas	HPE 1, HPE 2, HPE 5, NH 5
4/18/2019	32	Active Easter Egg Hunt	Cardio Exercise Ideas	HPE 1, HPE 2, HPE 5, NH 5
4/25/2019	33	Balloon Juggle	Cardio Exercise Ideas	HPE 1, HPE 2, HPE 5, NH 5
5/2/2019	34	May is National Fitness Month	Adopting a More Active Lifestyle	HPE 1, HPE 2, HPE 5, NH 5
5/9/2019	35	Gardening	Cardio Exercise Ideas	HPE 1, HPE 2, HPE 5, NH 5
5/16/2019	36	Staying Active Over the Summer (And Reiew)	Adopting a More Active Lifestyle	HPE 1, HPE 2, HPE 5, NH 5
Summer Break				

Date	Week	"Other" Topic	Units	Standards
1/10/2019	18	Fresh Start!	Goals/New Start	HPE 2, HPE 5, NH 1, NH 5, NH 6
1/17/2019	19	MLK Day - Make a Difference for Others	Service	HPE 2, NH 5
1/24/2019	20	Ice Danger	Safety	HP 5, NH 5
1/31/2019	21	Pill Safety	Safety	HP 5, NH 5
2/7/2019	22	Stranger Danger	Safety	HP 5, NH 5
2/14/2019	23	Safety in Numbers	Safety	HP 5, NH 5
2/21/2019	24	NEW CONTENT	Character Education	HPE 2, HPE 5, NH 4, NH 6
2/28/2019	25	Conflict Resolution	Character Education	HPE 2, HPE 5, NH 4, NH 6
3/7/2019	26	Diversity	Character Education	HPE 2, HPE 4
3/14/2019	27	Calculate BMI	Understanding Health	HPE 3, NH 1, NH 7
3/21/2019	28	No Bullies	Character Education	HPE 2, HPE, NH 4, NH 6
3/28/2019	29	Animal Safety	Safety	HP 5, NH 5
4/4/2019	30	Earth Month	Conservation	HPE 2, SC 4, NH 1, NH 7
4/11/2019	31	Tech Neck	Safety / Injury Prevention	HP 5, NH 5
4/18/2019	32	Safety in Numbers	Safety	HP 5, NH 5
4/25/2019	33	Active Listening	Character Education / Communication	HPE 2, HPE 4
5/2/2019	34	National Children's Mental Health Awareness Day (May is National Mental Health Month)	Stress Relief	HPE 2, NH 1
5/9/2019	35	Storm and tornado safety	Safety	HP 5, NH 5
5/16/2019	36	Review - Smart Choices	Smart/Healthy Choices	HPE 2, NH 4
Summer Break				