

# Healthy Kids, Healthy Start! First Grade Education

**Enhance your classroom health education experience with fun and active lessons.**

## What is it?

- Five 30 minute, standards-based health lessons.
- The 5-2-1-0+ healthy habits are incorporated into all of our lessons.
- Topics include: five food groups, screen time, exercise, zero sugary drinks and sleep.

## Why?

- The goal of Healthy Kids, Healthy Start! is to teach healthy habits to first grade students at the beginning of their school experience.
- Starting students off with the knowledge to make healthy choices sets them up for success!
- Numerous studies show the direct link between healthy, physically active kids and academic achievement. Healthy kids have improved math, reading and writing scores, better grades, higher levels of self-esteem, reduced disruptive behaviors and lower levels of anxiety and stress.

**Now offered to classroom teachers!**

**Healthy Kids provides all the curriculum and materials for you to teach the program in your classroom.**



**What Health Education Standards are covered by the Healthy Kids, Healthy Start! lessons?**

**Standard: Physical and Personal Wellness in Health 1.0:** Identify the major food groups and the benefits of eating a variety of foods.

**Standard: Physical and Personal Wellness in Health 2.0:** Explain why sleep and rest are important for proper growth and good health.

**Standard: Physical and Personal Wellness in Health 2.0:** Understand that physical activity increases the heart rate making the heart strong.

**UCHealth Healthy Hearts and Minds**

3855 Precision Dr. Suite 180  
Loveland, CO 80538  
970.624.1680  
[healthykids@uchealth.org](mailto:healthykids@uchealth.org)

[uchealth.org](http://uchealth.org)

**uchealth**