

Welcome

Dear Educator,



Welcome to the Healthy Steps for Healthy Lives® program brought to you by Nestlé and the National Education Association Health Information Network. The Healthy Steps for Healthy Lives program was developed as a resource for educators to help support your ongoing efforts to teach students about being healthy. Parents, after-school programs, and caregivers can also use the materials in the program.

The program is tied to national curriculum standards in all academic content areas for grades K-6. The instructional activities featured in the program are easy to use, and practical to carry out while involving students in the learning process. The activities are grouped by the three Healthy Steps for Healthy Lives themes – THINK Healthy, EAT Healthy and MOVE Healthy. You can use one or all of them in any order that you like.

Use the Healthy Steps for Healthy Lives program to:

- Reinforce skills learned in a nutrition unit taught earlier in the year or in previous years
- Supplement direct instruction and promote concept development about nutrition and physical activity
- Integrate the topic of health into a language arts or math lesson
- Motivate students to learn about being healthy
- Expose students to concepts about health
- Link multiple activities in succession to develop your own unit

The content in the Healthy Steps for Healthy Lives program is based on the 2010 Dietary Guidelines for Americans. For more information, visit www.ChooseMyPlate.gov and www.DietaryGuidelines.gov.

We hope you enjoy using this program to help your students learn to THINK, EAT and MOVE Healthy.

Sincerely,

Nestlé and the National Education Association Health Information Network

For additional copies of the Healthy Steps for Healthy Lives Kit for Grades 3-6 or to request copies of the Healthy Steps for Healthy Lives Kit for primary grades, please email your request to healthysteps@us.nestle.com