

Missouri Child, Inc.
Head Start

Health and Nutrition Lessons

One Health and Nutrition Lesson is to be completed once a week. Please attach the Health and Nutrition Lesson form to the lesson plan.

Some suggestions:

Health Lesson Objectives:

- Dental Health--Tooth brushing, anatomy of teeth, etc.
- Self-Esteem/Mental Health-- "I am special" activities, It's OK to be different, etc.
- Safety-Good touch-bad touch, Stranger Danger, Fire and Gun safety, etc
- Winter Safety—Dressing warm, don't eat snow, etc.
- General Health—Eye Safety, Keeping Clean, Hand Washing and Germs, etc.
- Summer/Outdoor Safety—Bare feet, sunburns, water & bicycle safety
- Emergency Response for Preschoolers—How and When to call 911

Nutrition Lesson Objectives:

- Sanitation Issues
- Table Setting
- Hand Washing
- Manners
- Meal Conversation
- Fine Motor Skills
- Health Eating Habits
- Senses
- Cooking Skills