YOUTH/K-12 PROGRAM OPTIONS

We offer a selection of programs that can be facilitated by a Goshen Health expert at your location! All programs include education as well as hands-on learning activities for students.



	PROGRAM	К	1	2	3	4	5	6	7	8	9	10	11	12
NUTRITION	Go-Slow-Whoa Students will learn how to recognize and make healthier food and drink choices													
	Healthy Snacking Students will explore healthy snack options as they relate to different food groups													
	Rethink Your Drink Students will identify healthy and unhealthy drink choices													
	Sugar Shockers Students will discover how much sugar is in various drink choices and how it can affect their health													
	Build a Balanced Meal Students will learn how to integrate the various food groups into a healthy meal													
	Superfoods Students will learn about food options that can increase the nutritional value of their meals													
	Mindful Eating Students will recognize the health benefits of eating mindfully and explore basic health concepts.													

	Reading a Nutritional Label Students will discover the important components of a nutritional label, including serving size, sugar, protein, fat and calories													
	Servings & Portions Students will learn concepts such as serving size, portions and what defines a balanced meal													
	PROGRAM	K	1	2	3	4	5	6	7	8	9	10	11	12
ACTIVITY	Daily 60 Students will learn about the importance of physical activity and identify activities that can benefit their overall health													
PHYSICAL A	Benefits of Physical Activity Students will increase their understanding of why exercise is important and define concepts such as cardiovascular, muscle strengthening, flexibility and balance													
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DISEASE	Stop the Spread Students will discover how germs are spread and learn how to prevent the spread of disease													

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NLTH .	Food and Mood Students will discover how emotions can affect their food choices and explore healthy ways of coping with emotions													
	Practicing Gratitude Students will explore how gratitude and positive emotions can impact overall health													
	Healthy Minds Students will explore ways of keeping their brains in shape													
MENTAL HEALTH	Get Outside Students will discover how spending time outside can improve their brain health													
MENT	Talking About Feelings Students will explore how talking about feelings can improve brain health													
	Relax and Recharge Students will explore different methods of relaxing and recharging													
	Get Moving Students will understand why exercise is important for mental health													
	Brain Health Challenge Students will learn important facts about the brain and join the Brain Health Challenge													

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WELLNESS	Play Safety Students will explore ways to be safe when playing and increase awareness of play safety measures													
ENERAL WELI	Back to Basics Students will explore the basics of what it means to be healthy, including eating healthy, getting regular activity and drinking water													
GENE	Sun Safety Students will recognize the importance of applying sunscreen													

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BODY/HEART	Heart Health Students will discover the importance of the heart muscle, identify how to find their own pulse and explore the circulatory system													
	Fitness, Muscles, Bones Students will discover different types of exercise and learn basic facts about bones, muscles and joints													

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GARDENING/FARMING	Food Detectives Students will discover the importance of farms and gardens, identify the steps in the farm to table process and explore the health benefits of fresh over processed food													
	Grow Your Own Garden Students will recognize the importance of eating fruits and vegetables as part of a healthy diet and learn about basic gardening concepts													
	Seasonal Foods Students will recognize the importance of eating fruits and vegetables in season and understand how and when different foods grow													

TO REQUEST A PROGRAM OR FOR MORE INFORMATION, CONTACT COMMUNITYENGAGEMENT@GOSHENHEALTH.COM OR CALL 574-364-2496.

Don't see what you are looking for? Ask us! We may be able to accommodate your program request or connect you with someone who can!