

NOTE: Visit vimeo.com/kidcurators to watch a video story of this project.

School Museum Topic | Exhibition Title: FOREVER STRONG

Big Idea: Healthy Eating and Exercise keeps our minds and bodies “Forever Strong”.

Storyline:

- Exercise keeps our minds and bodies strong.
- Eating healthy foods keeps our minds and bodies strong.
- Personal Hygiene keeps our bodies strong
- Families work together to eat healthy and exercise to keep their minds and bodies strong.

Focus Questions:

- How does exercise keep our mind and bodies strong?
- How do healthy foods keep our minds and bodies strong?
- How does Personal Hygiene keep our bodies strong?
- What can families do to stay healthy and forever strong?

Statements of expected student learning / Research Questions

FOCUS QUESTION #1: How does exercise keep our minds and bodies strong?	
Statement of expected student learning	Student research questions
Aerobic, strength building, and stretching exercises keep our minds and bodies strong.	<ul style="list-style-type: none"> ▪ What kind of exercises do we do? ▪ Why is exercise good for us? ▪ What happens to our minds and bodies if we don't exercise?
FOCUS QUESTION #2: How do healthy foods keep our minds and bodies strong?	
Statement of expected student learning	Student research questions
I can use the Food Plate to help me choose healthy foods to eat. There are healthy and unhealthy snacks.	<ul style="list-style-type: none"> ▪ What foods are in each area of the Food Plate? ▪ How do I use the Food Plate to choose healthy foods? ▪ What are some healthy and unhealthy snacks?
FOCUS QUESTION #3: How does Personal Hygiene keep our bodies strong?	
Statement of expected student learning	Student research questions
Brushing and flossing our teeth and visiting the dentist keeps us healthy. Clean bodies keep us healthy. Germs can make us sick. Getting enough sleep keeps us healthy.	<ul style="list-style-type: none"> ▪ How do we take care of our teeth? ▪ How do we keep our bodies clean? ▪ How do we protect ourselves from germs? ▪ How much sleep and rest do we need?