

# BODY ADVENTURE!

The Body Adventure program is a health education curriculum for students in fourth and fifth grade. The program was developed by the Chickasaw Nation Impa' Kilimpi' program and is based on the book "Brave Little Anoli" published by White Dog Press. The book and the program are brought to life from the perspective of First American culture but speak to all children about the power of making healthy choices.



**Visit 1**  
Pre-worksheet  
- 20 minutes  
- Introductions

**Visit 2**  
Lesson 1  
- 30-minute lesson  
- Focus on fruit and MyPlate

**Visit 3**  
Lesson 2  
- 30-minute lesson  
- Focus on vegetables

**Visit 4**  
Lesson 3  
- 30-minute lesson  
- Focus on physical activity and limiting screen time

**Visit 5**  
Lesson 4  
- 30-minute lesson  
- Focus on hydration

**Visit 6**  
Post-worksheet  
- 20 minutes

**Visit 7 (optional)**  
- Body Adventure Exhibit

## SMART AND STRONG ALL DAY LONG!

For more information, visit [GetFreshCooking.com](http://GetFreshCooking.com)

