

December

## 4-week Lesson Plan Guide and Worksheet: 3<sup>rd</sup>-5<sup>th</sup> Grade

WEEK	<b>Foods of the Month (FoM)</b> <b>Reduced Fat Dairy</b> Milk, cheese, yogurt <b>Nuts</b> Almonds, walnuts, pecans, brazil, macadamia, cashews, peanuts	<b>FoM Coloring &amp; Activity Sheets</b>  (NOTE: Sheets listed below can be done in any order.)	<b>Fun, Experiential Activities!</b>  (NOTE: Activities listed below can be done in any order.)	<b>USDA MyPlate and Other Fun, Healthy Activities!</b>  (NOTE: Activities listed below can be done in any order.)	<b>Fun Being Active!</b>  Check off each day when you lead organized physical activity!
1	<input type="checkbox"/> Send home FoM newsletter – Reduced Fat Dairy and Nuts! <input type="checkbox"/> Hang up posters, read them to children	<input type="checkbox"/> About Milk Fill-in (3-5) <input type="checkbox"/> Milk Crossword (3-5)	<input type="checkbox"/> Walnut Trivia (3-5) <input type="checkbox"/> Milk Essentials (3-5) <input type="checkbox"/> From Cow to Market (3-5)	<input type="checkbox"/> Vary Your Protein Food Choices (3-5) <input type="checkbox"/> Fuel up to Finish - 3-day Food Tracking Project (3-5) <input type="checkbox"/> Point out Dairy and Protein on “MyPlate ColoringSheet”	<input type="checkbox"/> Monday - hand out: Tracking Activity-Milk (3-5) <input type="checkbox"/> Tuesday - check out: Variety of Nut Games (3-5) <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Mooove Dairy (3-5)
2	<input type="checkbox"/> Read the FoM newsletters to the children, ask them if they ate these foods last week <input type="checkbox"/> Conduct a food tasting with nuts	<input type="checkbox"/> Find the Dairy (3-5) <input type="checkbox"/> Nuts Word Search (3-5)	<input type="checkbox"/> Walnut Turtles (3-5) <input type="checkbox"/> Beverage Comparisons (3-5) <input type="checkbox"/> Nut Experiment (3-5) <input type="checkbox"/> Milk Fat Experiment (3-5)	<input type="checkbox"/> MyPlate Have Fun with Fruits and Veggies-WordSearch (3-5) <input type="checkbox"/> Milk Group Quiz (3-5) <input type="checkbox"/> Finding Fiber Lesson-Fruit vs Juice (3-5)	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday -Nut Gathering Game (3-5)
3	<input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about Reduced Fat Dairy and Nuts, and if they ate them last week	<input type="checkbox"/> DairyWordSearch (3-5)	<input type="checkbox"/> Nut Science Activities (3-5) <input type="checkbox"/> Milk Label (3-5)	<input type="checkbox"/> Two Bite Club Certificate if Reduced Fat Dairy and/or Nuts are tasted this month! <input type="checkbox"/> Mission Nutrition 1 (3-5) <input type="checkbox"/> Word Blanks - Cook Off Craze (3-5) - focus on Reduced Fat Dairy and Nuts	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Mooove Dairy (3-5)
4	<input type="checkbox"/> Conduct a food tasting with different types of plain and flavored, nonfat and reduced fat, yogurts (try Greek too). Point out grams of protein, sugars and fats–bet you will be surprised too!	<input type="checkbox"/> Dairy Mad Libs (3-5)	<input type="checkbox"/> Dairy Hand Game (3-4) <input type="checkbox"/> Milk & Colors Experiment (3-5) <input type="checkbox"/> If feasible, take children to a dairy farm.	<input type="checkbox"/> Mission Nutrition 2 (3-5) <input type="checkbox"/> Show poster: Skim Milk Poster-Hip Girl at Machine (all ages)	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Nut Gathering Game (3-5)

### Reminders!

- Check the website frequently to download fun activity sheets, view music, and for other updates! All files above are listed by name on the site.
- Try to do food-based activities weekly!
- Point to the Foods of the Month posters as you do activities in this lesson plan.