

Commit to Health National Recreation and Park Association 2016 4-week Lesson Plan Guide and Worksheet: 3rd-5th Grade

WEEK	Foods of the Month (FoM) Lean Meats White meat of chicken, turkey; "loin" pork or lamb, rimmed; "round" and "loin" beef, trimmed Root Vegetables Sweet potato (Tuberous root); Beets, turnips, carrots, radishes (Taproot subgroup); onions, garlic, leeks (Alliums subgroup)	FoM Coloring & Activity Sheets (NOTE: Sheets listed below can be done in any order.) A "Chicken Educator Guide" is included this month – check it out!	Fun, Experiential Activities! (NOTE: Activities listed below can be done in any order.)	USDA MyPlate and Other Fun, Healthy Activities! (NOTE: Activities listed below can be done in any order.)	Fun Being Active! Check off each day when you lead organized physical activity!
1	<input type="checkbox"/> Send home FoM newsletter – Lean Meats and Root Vegetables! <input type="checkbox"/> Hang up posters, read them to children	<input type="checkbox"/> Root Veg Writing (3-4) <input type="checkbox"/> Spencer SP Crossword (3-5) <input type="checkbox"/> Cattle Coloring (3-5)	<input type="checkbox"/> Potato Plant Parts (3-5) <input type="checkbox"/> Introduce a Sweet Potato (3-5)	<input type="checkbox"/> Fuel up to Finish - 3-day Food Tracking Project (3-5) <input type="checkbox"/> Vary Your Protein Food Choices (3-5)	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday - Hot Sweet Potato (3-5) <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday-Hopping Chicken (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 lean meats	<input type="checkbox"/> Beet Writing Cursive (3-5) <input type="checkbox"/> Root Veg Nutrition Label (3-5)	<input type="checkbox"/> Parts of a Chicken (3-5) <input type="checkbox"/> Strong Bodies and SP (3-5)	<input type="checkbox"/> Nutrient Flash Cards (3-5) <input type="checkbox"/> MyPlate Protein Coloring (3-5) (Spanish available)	<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 -Chicken Run! (3-5)
3	<input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about Lean Meats and Root Vegetables, and if they ate them last week	<input type="checkbox"/> Beets Nutrition Label (3-5) <input type="checkbox"/> Who Lives on Farm (3-3) <input type="checkbox"/> Lean Meats Cryptogram (3-5)	<input type="checkbox"/> Kids Questions-Pork (3-5) <input type="checkbox"/> Bird Call (3-5) <input type="checkbox"/> Images of Onions (3-5)	<input type="checkbox"/> Word Blanks - Cook Off Craze (3-5) -focus on Lean Meats and Root Vegetables	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday - Hot Sweet Potato (3-5) <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday -Hopping Chicken (3-5)
4	<input type="checkbox"/> Conduct a food tasting with root vegetables	<input type="checkbox"/> Sweet Pot Math (3-5) <input type="checkbox"/> New Pig Words (3-5) <input type="checkbox"/> Lean Pork Coloring (3-4)	<input type="checkbox"/> Chicken Jokes Decode (3-5) <input type="checkbox"/> Science with Potatoes (3-5) <input type="checkbox"/> Foods from a Pig (3-5)	<input type="checkbox"/> MyPlate-CrazyColors List Activity (3-5) -)-focus on Root Vegetables <input type="checkbox"/> Two Bite Club Certificate if Root Vegetable and/or Lean Meats are tasted this month!	<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 -Chicken Run! (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.