

October

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) Apples and Pears Apples: Golden delicious, red delicious, Fuji, gala, granny smith, honeycrisp Pears: Bartlett, Anjou, bosc Winter Squash Spaghetti squash, pumpkins, acorn, butternut	FoM Coloring & Activity Sheets (NOTE: Sheets listed below can be done in any order.)	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 – Apples and Pears & Winter Squash! <input type="checkbox"/> Hang up posters, read them to children	<input type="checkbox"/> Apple Coloring Sheet (3-4) <input type="checkbox"/> Pear Word Scramble (3-5) <input type="checkbox"/> Edible Pumpkin (3-5)	<input type="checkbox"/> FunFactsAboutApples for kids (3-5) <input type="checkbox"/> Apple JackOLantern Stamp (3-5) <input type="checkbox"/> How Do Pears Grow (3-5) <input type="checkbox"/> Tasting-Pear Frisbees (3-5)	<input type="checkbox"/> Fuel up to Finish - 3-day Food Tracking Project (3-5) <input type="checkbox"/> Fruit Imposters (3-5)	<input type="checkbox"/> Monday - read BeAFitKid (3-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday-Fav SuperHero FV (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 apples?	<input type="checkbox"/> Pear Word Search (3-5) <input type="checkbox"/> Apple Crossword (3-5)	<input type="checkbox"/> Apple Science Browning (3-5) <input type="checkbox"/> If feasible, take children to apple or pear orchard <input type="checkbox"/> Slice of Pear History (3-5) <input type="checkbox"/> Pear Stamping (3)	<input type="checkbox"/> Nutrient Flash Cards (3-5) <input type="checkbox"/> Pumpkin Delight No Cook Fun (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 -Fav SuperHero FV (3-5)
3	<input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about apples and pears & winter squash, and if they ate them last week	<input type="checkbox"/> Pear-Maze (3-4) <input type="checkbox"/> Apple Difference in Pictures (3-5)	<input type="checkbox"/> Jumping Apple Seeds (K-4) <input type="checkbox"/> Fun Facts-Squash (with recipe) (3-5) <input type="checkbox"/> Fun Historical Facts-Squash (3-5) <input type="checkbox"/> Give out Two Bite Club (K-2) (if tasted Winter Squash or Pears/Apples!)	<input type="checkbox"/> Word Blanks - Cook Off Craze (3-5) -focus on Apples, Pears, and Winter Squash <input type="checkbox"/> Pumpkin Slime (3-5)	<input type="checkbox"/> Monday - read BeAFitKid (3-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday -Fav SuperHero FV (3-5)
4	<input type="checkbox"/> Conduct a food tasting with winter squash or pears (see Pear Tasting-Colors (3-5) file in Fun Experiential Column)	<input type="checkbox"/> Apple Maze (3-5) <input type="checkbox"/> Winter Squash Word Search (3-5)	<input type="checkbox"/> If feasible, take children to pumpkin patch <input type="checkbox"/> Pear Tasting-Colors (3-5) <input type="checkbox"/> Butternut Turkey Craft (3-5)	<input type="checkbox"/> The Great Pumpkin Investigation (3-5) <input type="checkbox"/> Food Crusade Video Challenge	<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 -Fav SuperHero FV (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.