

October

Commit to Health National Recreation and Park Association 2016 4-week Lesson Plan Guide and Worksheet: K-2nd Grade

WEEK	Foods of the Month (FoM) <u>Apples and Pears</u> Apples: Golden delicious, red delicious, Fuji, gala, granny smith, honeycrisp Pears: Bartlett, Anjou, bosc <u>Winter Squash</u> 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 (K-2) <input type="checkbox"/> Pear Coloring Sheet (K-2) <input type="checkbox"/> Edible Pumpkin (2)	<input type="checkbox"/> FunFactsAboutApples for kids (1-2) <input type="checkbox"/> Apple JackOLantern Stamp (K-2) <input type="checkbox"/> Tasting-Pear Frisbees (1-2)	<input type="checkbox"/> Emergent Reader - fruits – Kindergarten (focus on Apples & Pears) <input type="checkbox"/> Fruit Imposters (2)	<input type="checkbox"/> Monday- read BeAFitKid (2) <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 (K-2)
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"/> Apple Coloring Sheet Golden Delicious (K-2) <input type="checkbox"/> Pear Word Search (2) <input type="checkbox"/> Squash Coloring Sheet (K-2)	<input type="checkbox"/> Apple Science Browning (2-3) <input type="checkbox"/> If feasible, take children to apple or pear orchard <input type="checkbox"/> Slice of Pear History (2-3) <input type="checkbox"/> Pear Stamping (K-2)	<input type="checkbox"/> Pumpkin Delight No Cook Fun (K-2)	<input type="checkbox"/> Monday- read BeAFitKid (2) <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 (K-2)
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"/> Apple Coloring Sheet Red Delicious (K-2) <input type="checkbox"/> Pear-Maze (2) <input type="checkbox"/> Sesame Street Pear (K-2) <input type="checkbox"/> Winter Squash Coloring (K-2)	<input type="checkbox"/> Jumping Apple Seeds (K-2) <input type="checkbox"/> Fun Facts-Squash (w recipe) (1-2) <input type="checkbox"/> Give out Two Bite Club (K-2) (if tasted Winter Squash or Pears/Apples!)	<input type="checkbox"/> Pumpkin Slime (K-2)	<input type="checkbox"/> Monday- read BeAFitKid (2) <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 (K-2)
4	<input type="checkbox"/> Conduct a food tasting with winter squash or pears (see Pear Tasting-Colors (1-2) file in Fun Experiential Column)	<input type="checkbox"/> Apple Coloring Simple (K-2) <input type="checkbox"/> PEARS Coloring Page (K-2) English or Spanish <input type="checkbox"/> Winter Squash Coloring English or Spanish (K-2)	<input type="checkbox"/> If feasible, take children to pumpkin patch <input type="checkbox"/> Pear Tasting-Colors (1-2) <input type="checkbox"/> Butternut Turkey Craft (K-2)	<input type="checkbox"/> The Great Pumpkin Investigation (2) <input type="checkbox"/> Fruit Bowl Color by # (1-2)	<input type="checkbox"/> Monday- read BeAFitKid (2) <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 (K-2)

*Emergent Reader books are in pdf, so need a tablet or computer to read and show to children; or, order from USDA: <http://tn.ntis.gov/>; item # USDA274.

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.