

September

4-week Lesson Plan Guide and Worksheet: 3rd-5th Grade

WEEK	Foods of the Month (FoM) <u>Whole Grains</u> Barley, bulgur, brown rice, farro, oats, quinoa, wheat <u>Tomatoes</u> Cherry, grape, yellow cherry, plum, beefsteak	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 – Whole Grains and Tomatoes! <input type="checkbox"/> Hang up posters, read them to children	<input type="checkbox"/> Whole Grain Hero (3-5) <input type="checkbox"/> Adjectives for Tomatoes (3-5)	<input type="checkbox"/> Many Ways to get WG (3-5) – try to bring in a few WGs listed on this sheet <input type="checkbox"/> Sunlight to Food Experiment (2-5)	<input type="checkbox"/> Send home “MyPlate at Home” <input type="checkbox"/> Introductory Page-Serving Up MyPlate (read & show to children) <input type="checkbox"/> MyPlate Crossword Puzzle	<input type="checkbox"/> Monday - Read BeAFitKid to children (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-Hand out Tracking Exercises (ask kids to bring back end of next week)
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 whole grains	<input type="checkbox"/> Spot the difference (3-5) <input type="checkbox"/> Writing Tomato (3) <input type="checkbox"/> Terry's Plant Parts (3-5)	<input type="checkbox"/> Making_A_Mummy (3-5) <input type="checkbox"/> Multiple Tomato Tasks 1 (3-5)	<input type="checkbox"/> Finding Fiber Lesson-Fruit vs Juice (3-5) <input type="checkbox"/> Kitchen Measurements for Ingredients (Math, 3-5) <input type="checkbox"/> If feasible, take children to grocery store, show them the many types of whole grain items they can buy with their parents!	<input type="checkbox"/> Monday - Read Staying Active on Rainy Days, create your plan! <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Great Grain Obstacle Course
3	<input type="checkbox"/> Conduct a food tasting with tomatoes (See “Tasty Tomatoes” in Fun, Experiential column)	<input type="checkbox"/> Word Scramble WG Characteristics (3-5) <input type="checkbox"/> Tomato Math (3-5)	<input type="checkbox"/> Tracking Your Whole Grains (2-5) <input type="checkbox"/> Tasty Tomatoes-Try Them! (2-5)	<input type="checkbox"/> Nutrient Flash Cards (3-5) <input type="checkbox"/> Send home MyPlate Grocery Store Treasure Hunt (go over it with children first) <input type="checkbox"/> MyPlate Maze (1-2)	<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 - Hand out Tracking Exercises (ask kids to bring back end of next week) (1-2)
4	<input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about whole grains and/or tomatoes, and if they ate them last week	<input type="checkbox"/> Whole Grain WordScramble (3-5) <input type="checkbox"/> Color by Number (3)	<input type="checkbox"/> Tomato Survey of Group (3-5) <input type="checkbox"/> Multiple Tomato Tasks 2 (3-5) <input type="checkbox"/> If feasible, take children to pick tomatoes!	<input type="checkbox"/> Crack the SecretCode (3-5) <input type="checkbox"/> MyPlate Coloring Sheet-have children cut images from magazines for, or draw items in all categories	<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 - Great Grain Obstacle Course

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.