

September

4-week Lesson Plan Guide and Worksheet: K-2nd Grade

WEEK	Foods of the Month (FoM) Whole Grains Barley, bulgur, brown rice, farro, oats, quinoa, wheat Tomatoes 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 (K-2) <input type="checkbox"/> Tony the Tomato (K-2) <input type="checkbox"/> Writing T for Tomato (1-2)	<input type="checkbox"/> Sunlight to Food Experiment (2)	<input type="checkbox"/> Send home “MyPlate at Home” <input type="checkbox"/> Introductory Page-Serving Up MyPlate (read & show to children)	<input type="checkbox"/> Monday - Read BeAFitKid to children <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)
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 (2) <input type="checkbox"/> Morning Oats Coloring Page (K-2)-talk about breakfast! <input type="checkbox"/> Writing Tomato (1-3)	<input type="checkbox"/> Make 3-D Tomato (K-2) <input type="checkbox"/> If feasible, take children to the grocery store to show them the many types of whole grain items they can buy with their parents!	<input type="checkbox"/> Emergent Reader–Grains (K-1) <input type="checkbox"/> Finding Fiber Lesson-Fruit vs Juice (2)	<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"/> Wheat in the Wind Coloring (K-2) <input type="checkbox"/> Tomato Coloring Page (K-2)	<input type="checkbox"/> Tracking Your Whole Grains (2-5) <input type="checkbox"/> Tasty Tomatoes-Try Them! (2-5)	<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 Grains Daily Coloring (K-2) <input type="checkbox"/> Color by Number (1-2)	<input type="checkbox"/> If feasible, take children to pick tomatoes!	<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.