

January

Commit to Health National Recreation and Park Association 2017 4-week Lesson Plan Guide and Worksheet: 3rd-5th Grade

WEEK	Foods of the Month (FoM) Cruciferous Vegetables Kale, cauliflower, broccoli, cabbage, Brussels sprouts, arugula, collard greens Legumes Lentils, black beans, kidney beans, lima beans, pinto, chickpea, peas	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 – Cruciferous Vegetables and Legumes! <input type="checkbox"/> Hang up posters, read them to children	<input type="checkbox"/> Cabbage Word Scramble & Math (3-5) <input type="checkbox"/> Legumes Word Search (3-5)	<input type="checkbox"/> Legumes Grown in US (3-5) <input type="checkbox"/> Broccoli Life Cycle (3-5)	<input type="checkbox"/> Send home “MyPlate at Home” (after reading to kids) <input type="checkbox"/> MyPlate-CrazyColors List Activity (1-5) (focus on cruciferous & legumes) <input type="checkbox"/> Fuel up to Finish - 3-day Food Tracking Project (3-5)	<input type="checkbox"/> Monday - Bean Games (K-5) <input type="checkbox"/> Tuesday - <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Green Green Broccoli (2-5)
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 legumes	<input type="checkbox"/> Cabbage Word Search (3-5) <input type="checkbox"/> Cruciferous Math (3-5)	<input type="checkbox"/> Bean Mosaic (K-5) <input type="checkbox"/> How Cabbage Absorbs Water (3-5)	<input type="checkbox"/> Power of Choice Nutrition Label Exercise (3-5) <input type="checkbox"/> MyPlate Grocery Treasure Hunt (all ages)	<input type="checkbox"/> Monday - Bean Games (K-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Green Green Broccoli (2-5)
3	<input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about Cruciferous Vegetables and Legumes, and if they ate them last week	<input type="checkbox"/> Cruciferous Farm to Table Maze (3-5) <input type="checkbox"/> Legumes Maze Facts or Opinion (3-5)	<input type="checkbox"/> Bean Shekere (K-5)	<input type="checkbox"/> Two Bite Club Certificate if cruciferous vegetables and/or legumes are tasted this month! <input type="checkbox"/> MyPlate Crossword Puzzle (3-5)	<input type="checkbox"/> Monday - Bean Games (K-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Green Green Broccoli (2-5)
4	<input type="checkbox"/> Conduct a food tasting with different types of raw cruciferous vegetables and dips (ranch, humus, etc.)! Try some cooked if you have the facilities to do this!	<input type="checkbox"/> Cruciferous Language Arts (3-5) <input type="checkbox"/> Legumes Crossword (3-5)	<input type="checkbox"/> Brussels Sprouts Stamped Snowman (K-5) <input type="checkbox"/> If feasible, Grow Lentil Sprouts (K-5)	<input type="checkbox"/> Crack the Secret Code (3-5) <input type="checkbox"/> Finding Fiber Lesson-Fruit vs Juice (2)	<input type="checkbox"/> Monday - Bean Games (K-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Green Green Broccoli (2-5)

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.