

January

Commit to Health National Recreation and Park Association 2017

4-week Lesson Plan Guide and Worksheet: K-2<sup>nd</sup> Grade

WEEK	Foods of the Month (FoM) <b>Cruciferous Vegetables</b> Kale, cauliflower, broccoli, cabbage, Brussels sprouts, arugula, collard greens <b>Legumes</b> 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"/> Broccodactyl coloring (K-2) <input type="checkbox"/> Legumes Word Search (2)	<input type="checkbox"/> Big Boy Broccoli (K-2)	<input type="checkbox"/> Send home “MyPlate at Home” (after reading to kids) <input type="checkbox"/> MyPlate-CrazyColors List Activity (focus on cruciferous & legumes) (1-5)	<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"/> Cauliflower Write & Color (K-2) <input type="checkbox"/> Peas Coloring (K-2)	<input type="checkbox"/> Bean Mosaic (K-5) <input type="checkbox"/> Broccoli Footprint (K-2)	<input type="checkbox"/> MyPlate Grocery Treasure Hunt (all ages) <input type="checkbox"/> Emergent Reader-vegetables (point out broccoli and legume pages) (K-1)	<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"/> Cauliflower AULIFLOWER Coloring (K-2) <input type="checkbox"/> Bodacious Beans Coloring (K-2)	<input type="checkbox"/> Bean Shekere (K-5) <input type="checkbox"/> Broccoli Painted Trees (K-2)	<input type="checkbox"/> MyPlate Coloring Sheet-have children cut images from magazines for each, or draw items in, all food groups <input type="checkbox"/> Two Bite Club Certificate if cruciferous vegetables and/or legumes are tasted this month!	<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"/> Brussels Sprouts Coloring (K-2)	<input type="checkbox"/> Brussels Sprouts Stamped Snowman (K-5) <input type="checkbox"/> If feasible, Grow Lentil Sprouts (K-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)

\*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.