

February

## Commit to Health National Recreation and Park Association 2017 4-week Lesson Plan Guide and Worksheet: K-2<sup>nd</sup> Grade

WEEK	<b>Foods of the Month (FoM) Oils and Good Fats</b> Avocado, olive oil <b>Water</b> The calorie-free nutrient!	<b>FoM Coloring &amp; Activity Sheets</b>  (NOTE: Sheets listed below can be done in any order.)	<b>Fun, Experiential Activities!</b>  (NOTE: Activities listed below can be done in any order.)	<b>USDA MyPlate and Other Fun, Healthy Activities!</b>  (NOTE: Activities listed below can be done in any order.)	<b>Fun Being Active!</b>  Check off each day when you lead organized physical activity!
1	<input type="checkbox"/> Send home FoM newsletter – Oils and Good Fats, & Water! <input type="checkbox"/> Hang up posters, read them to children	<input type="checkbox"/> American Heart Month Description (K-5) – adults read this! <input type="checkbox"/> Avocado Coloring (K-2) <input type="checkbox"/> Olive Oil Coloring (K-2)	<input type="checkbox"/> Avocado Introduction (K-5) <input type="checkbox"/> What Are You Drinking (K-5) <input type="checkbox"/> Jump Thump Pump (K-2)	<input type="checkbox"/> Introductory Page-Serving up MyPlate (read & show to children)	<input type="checkbox"/> Monday - Sugar Smarts Bowling (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 - Sugar Song (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 good fats, maybe try different olive oils with pita bread!	<input type="checkbox"/> Avocado Letter Search (K-2) <input type="checkbox"/> Drink More Coloring (K-2)	<input type="checkbox"/> Veg Oil Lava Lamp (1-5) <input type="checkbox"/> Amount of Sugar in Fav Drinks! (K-5)	<input type="checkbox"/> MyPlate Maze (2) <input type="checkbox"/> Old MacDonald Healthy Song (K-4)	<input type="checkbox"/> Monday - Play Hard Charades (2) <input type="checkbox"/> Tuesday - Spot the Activities (K-2) <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Sugar Smarts Bowling (K-5)
3	<input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about oils and good fats, and water, and if they consumed them last week	<input type="checkbox"/> A for Avocado (K-2) <input type="checkbox"/> Drink Water Trace & Color (K-2)	<input type="checkbox"/> Ocean in a Bottle (K-5)	<input type="checkbox"/> MyPlate Have Fun with Fruits and Veggies-WordSearch (2) <input type="checkbox"/> Two Bite Club Certificate if oils/good fats and/or water are tasted this month!	<input type="checkbox"/> Monday - Sugar Song (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 - Avocado Bowling (K-5)
4	<input type="checkbox"/> Conduct a food tasting with different types of water flavored with whole-fruits (cut into pieces). Point out that water flavored with real fruit tastes great and has no added sugar!	<input type="checkbox"/> What's Wrong (K-2) <input type="checkbox"/> Which Is Different (K-2)	<input type="checkbox"/> Avocado Roll-ups (K-5)	<input type="checkbox"/> Everybody Needs a Heart Song (K-2)	<input type="checkbox"/> Monday - Sugar Smarts Bowling (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 - Avocado Bowling (K-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.