

March

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

| WEEK | Foods of the Month (FoM) Stems Celery, asparagus Fish and Other Seafood Salmon, tuna, tilapia, flounder, catfish; shrimp, scallops, crab | 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 – Stems and Fish & Other Seafood! <input type="checkbox"/> Hang up posters, read them to children | <input type="checkbox"/> Crab Maze (3-5) <input type="checkbox"/> Seafood Word Search (3-5) <input type="checkbox"/> Asparagus Game (3-5) | <input type="checkbox"/> Farmed Salmon Life Cycle (3-5) <input type="checkbox"/> Asparagus Fun Facts (K-5) | <input type="checkbox"/> National Nutrition Month Info (K-5) – Send home! <input type="checkbox"/> Healthy Plate Maze (3-5) | <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 - Fish Tag (K-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 different raw and cooked stems! | <input type="checkbox"/> Fish Counting By 5s (3-5) <input type="checkbox"/> Groovy Green Group (3-5) | <input type="checkbox"/> Salty the Fish (3-5) <input type="checkbox"/> Grow Celery From Celery (K-5) | <input type="checkbox"/> Word Blanks - Cook Off Craze (3-5) (focus on Stems and Fish) <input type="checkbox"/> Read, then send home with children for National Nutrition Month! Food Label Fun (K-5) | <input type="checkbox"/> Monday – Play Hard Charades (2-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Fish Tag (K-5) |
| 3 | <input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about stems and/or fish and other seafood - and if they consumed them last week! | <input type="checkbox"/> Fish Riddle (3-5) <input type="checkbox"/> Stem Word Search (3-5) | <input type="checkbox"/> Wild Salmon Life Cycle (3-5) <input type="checkbox"/> Celery Experiment (K-5) | <input type="checkbox"/> Two Bite Club Certificate if Stems and/or fish/seafood are tasted this month!! <input type="checkbox"/> My Best Fork (K-5) – then send it home! | <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 - Fish Tag (K-5) |
| 4 | <input type="checkbox"/> Conduct a food tasting with fish and/or seafood. Ask them to try these healthy foods this week with their family! | <input type="checkbox"/> Seafood Health Scramble (3-5) <input type="checkbox"/> Seafood Squares (3-5) | <input type="checkbox"/> World of Fish (2-5) <input type="checkbox"/> Celery Stamping (K-5) | <input type="checkbox"/> Nutrition Riddles & Jokes (3-5) <input type="checkbox"/> MyPlate Add more Veggies (K-5) Read then send home! | <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 - Fish Tag (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.