

March

Commit to Health National Recreation and Park Association 4-week Lesson Plan Guide and Worksheet: K-2nd 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"/> Fish Coloring (K-2) <input type="checkbox"/> What Do Fish Look Like (1-2) <input type="checkbox"/> Asparagus Coloring (1-2)	<input type="checkbox"/> Asparagus Fun Facts (K-5)	<input type="checkbox"/> National Nutrition Month Info (K-5) Send home! <input type="checkbox"/> Fuel up to Finish 3-day Food Tracking Project (3-5)	<input type="checkbox"/> Monday - Fishy Swimming School (K-2) <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 Word Search (1-2) <input type="checkbox"/> Asparagus Coloring (K-2)	<input type="checkbox"/> Salty the Fish (K-2) <input type="checkbox"/> Grow Celery From Celery (K-5)	<input type="checkbox"/> MyPlate Maze (2) <input type="checkbox"/> Read, then send home with children for National Nutrition Month! Food Label Fun (K-5)	<input type="checkbox"/> Monday - Fishy Swimming School (K-2) <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"/> Lobster Coloring (K-2) <input type="checkbox"/> Celery Coloring (K-2)	<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 - Fishy Swimming School (K-2) <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"/> Salmon Coloring (K-2) <input type="checkbox"/> Rhubarb Coloring (K-2)	<input type="checkbox"/> World of Fish (2-5) <input type="checkbox"/> Celery Stamping (K-5)	<input type="checkbox"/> Emergent Reader – MyPlate Meal (K-1) <input type="checkbox"/> MyPlate Add more Veggies (K-5) Read then send home!	<input type="checkbox"/> Monday - Fishy Swimming School (K-2) <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.