

February

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) Oils and Good Fats Avocado, olive oil Water The calorie-free nutrient!	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 – 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"/> Fats Crossword (3-5) <input type="checkbox"/> Sugar Shocker Game (3-5)	<input type="checkbox"/> About the Heart (3-5) <input type="checkbox"/> What Are You Drinking (K-5) <input type="checkbox"/> Avocado Nutrition Label (3-5) <input type="checkbox"/> Avocado Introduction (K-5)	<input type="checkbox"/> Introductory Page-Serving up MyPlate (read & show to children) <input type="checkbox"/> Fuel up to Finish - 3-day Food Tracking Project (3-5)	<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 - Glob of Fat (3-5)
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 good fats, maybe try different olive oils with pita bread!	<input type="checkbox"/> Avocado Word Search (3-5) <input type="checkbox"/> Using Clues & Water Diary (3-5)	<input type="checkbox"/> Avocado Quiz (3-5) <input type="checkbox"/> Types of Fats (3-5) <input type="checkbox"/> Veg Oil Lava Lamp (1-5) <input type="checkbox"/> Amount of Sugar in Fav Drinks! (K-5)	<input type="checkbox"/> Fruit Imposters (3-5) <input type="checkbox"/> Heart Internet Scavenger Hunt (3-5) <input type="checkbox"/> Old MacDonald Healthy Song (K-4)	<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 -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"/> Avocado Letter to Parents (3-5) <input type="checkbox"/> Why We Need Water (3-5)	<input type="checkbox"/> Avocado Facts & Lists (3-5) <input type="checkbox"/> Popcorn Nutrition Labels (3-5)	<input type="checkbox"/> Two Bite Club Certificate if oils/good fats and/or water are tasted this month!! <input type="checkbox"/> MyPlate Have Fun with Fruits and Veggies-WordSearch (3-5)	<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"/> Water Word Find (3-5) <input type="checkbox"/> Heart Word Search (3-5)	<input type="checkbox"/> Avocado Roll-ups (K-5) <input type="checkbox"/> Ocean in a Bottle (K-5)	<input type="checkbox"/> Heart Healthy-Food & PA (3-5) <input type="checkbox"/> Kitchen Measurements (3-5) (bring in some kitchen measuring tools for show-and-tell!)	<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 – Jumping Scientist (3-5)

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.