

April

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) Fresh Herbs & Spices Basil, thyme, parsley, rosemary, etc. Salad Greens Spinach; kale, arugula, red and green leaf lettuce, romaine, butter lettuce	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 – Fresh Herbs & Spices and Salad Greens! <input type="checkbox"/> Hang up posters, read them to children	<input type="checkbox"/> Herbs & Spices Wordsearch (3-5) <input type="checkbox"/> Salad Greens Activities (3-5)	<input type="checkbox"/> Mr. Herb Head (K-5) <input type="checkbox"/> Spicy Fortune Teller (3-5) <input type="checkbox"/> Read, National Garden Month Info (K-5)	<input type="checkbox"/> MyPlate Grocery Store Bingo (read, do practice round, & send home blank card with children) <input type="checkbox"/> Fuel up to Finish - 3-day Food Tracking Project (3-5)	<input type="checkbox"/> Monday - Fav SuperHero FV (3-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Make-A-Salad Race (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 fresh herbs!	<input type="checkbox"/> Lucy Lettuce's Salad (K-4)	<input type="checkbox"/> Grow Your Own Salad (K-5) <input type="checkbox"/> Fun Ways to Cook with Herbs (2-5) <input type="checkbox"/> Lettuce Paint (K-5)	<input type="checkbox"/> Spinach Lane (K-5; some activities are great for older kids!) <input type="checkbox"/> Food Crusade: Video Challenge! <input type="checkbox"/> MyPlate Draw Lines (2-4)	<input type="checkbox"/> Monday - Read Staying Active on Rainy Days, create your plan! <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Make-A-Salad Race (K-5)
3	<input type="checkbox"/> Read the FoM posters to the children again, ask children if they talked with their parents about fresh herbs and spices and/or salad greens - and if they consumed them last week!	<input type="checkbox"/> Create a Wrap (3-5) <input type="checkbox"/> Salad Greens Wordsearch (3-5)	<input type="checkbox"/> Label Spices (2-5) <input type="checkbox"/> Ripening Science (K-5)	<input type="checkbox"/> Two Bite Club Certificate if salad greens and/or herbs/spices are tasted this month!! <input type="checkbox"/> Word Blanks – ask kids to focus on items that go in a salad! (3-5)	<input type="checkbox"/> Monday - Fav SuperHero FV (3-5) <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday - Be Physically Active Your Way (Food Relay) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday - Make-A-Salad Race (K-5)
4	<input type="checkbox"/> Conduct a food tasting with a wide variety of salad greens – talk about color, taste, texture! Ask them to try these healthy foods this week with their family!	<input type="checkbox"/> Spinach Word Search (3-5) <input type="checkbox"/> About Salad Greens (3-5) (use especially if you do a salad green tasting!)	<input type="checkbox"/> Smelling Spices (3-5) <input type="checkbox"/> Spicy Painting (K-4) <input type="checkbox"/> Spicy Fun Facts (K-5)	<input type="checkbox"/> Fruit Imposters (1-5) <input type="checkbox"/> MyPlate Kids Food Critic Activity (3-5) (bring in some items/recipes for critiquing!)	<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 - Make-A-Salad Race (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.