

Nutrition 5/2/16-5/6/16



Notes:

Thursday (Trike-a-Thon- Please arrive by 9:00am for the day. Make sure you have your child's bike or scooter and their helmet and permission form.

	PATHS/FTB (15 minutes)	Journal/Art (30 minutes)	Lesson (20 minutes)	Story (10 minutes)	KRC Kindergarten Readiness Centers	Standards
M O N D A Y		What is your favorite healthy food? Graph it	What are the 5 food groups? Introduce My Plate	Color Me Healthy CD	-Food Group Sort -Build with Blocks -Make your own MyPlate -Write the room	<u>10.1.PK.C Nutrition</u> <u>10.2.PK.A Health Practices, Products and Services</u>
T U E S D A Y		Try some homemade pita chips!	How can we keep our bodies healthy?	Using our "workout movements" we will do a short "workout"	-Draw a picture of something you like to do-write words -Beginning letter sort -"Cooking" in the house center -Sand in the water table	<u>10.1.PK.E Health Problems and Disease Prevention</u> <u>10.4.PK.A Control and Coordination</u>
W E D N E S D A Y		Bike Safety presentation at 10:00	What does our food do? Why is it important to eat healthy meals and make sure we move?	Gregory the Terrible Eater	- Guess the food - Draw a picture of your favorite healthy food -Book center with a teacher -Game shelf (organized games with their group)	<u>10.4.PK.B Balance and Strength</u> <u>10.5. PK.A Strength, Coordination and Muscle Control</u>
T H U R S D A Y	TRIKE-A-THON 11:30 <u>(PLEASE BRING YOUR BIKE AND HELMET)</u> There will be a sign up in the big room to tell you where to place your child's bike.		Watch the trike-a-thon video Do some stretches before getting ready to ride our bikes	I Am Moving, I Am Learning CD	- cut foods out of magazines for a healthy meal -Math Center activities - Guess the tool - Food group sort	
F R I D A Y		Where in the world is our food from? Place the food on a map showing where it comes from.	Vegetables Name some different vegetables. Graph our favorite	D.W. The Picky Eater By: Marc Brown	- Sand in the water table - "cooking" in the house center -Paint with various kitchen tools - MyPlate Pop and Match game	