Discover MyPlate in a Year

There are many ways you can schedule the teaching of Discover MyPlate curriculum components throughout the school year. The six lessons can be taught as a 6-week unit. It can also be spread out over the year. Below is a sample schedule to show how you can integrate the curriculum into your planning to keep nutrition education in front of students all year long. Note that the Book Club, Cafeteria Connections, Dramatic Play Activities, and Extra Helpings in each lesson can be used throughout the year.

<table>
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<tr>
<th>MONTH</th>
<th>DISCOVER MYPLATE COMPONENT</th>
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| AUGUST/SEPTEMBER | • Lesson 1: Meet the Five Food Group Friends  
                      • Back-to-School Friendship Celebration  
                      • Friendship Pocket Look and Cook Activity |
| OCTOBER         | • Lesson 2: Discover MyPlate  
                      • Halloween & Fall Harvest Celebration  
                      School Lunch Week |
| NOVEMBER        | • Lesson 3: Eat Your Colors!  
                      • Crunchy Rainbow Wrap Look and Cook Activity  
                      • Thanksgiving Celebration |
| DECEMBER        | • Welcome Winter! Celebration  
                      • Lesson 1-2 Extra Helpings |
| JANUARY         | • Lesson 3 Extra Helpings |
| FEBRUARY        | • Lesson 4: Planting the Seeds for Healthier Eating  
                      • Valentine’s Day Celebration |
| MARCH           | • Lesson 5: Starting Our Day With MyPlate  
                      • Fruit-a-licious Breakfast Cup Look and Cook Activity  
                      • St. Patrick’s Day Celebration & Dr. Seuss’ Birthday  
                      • 100th Day of School Celebration  
                      School Breakfast Week |
| APRIL           | • Swing into Spring Celebration  
                      • Earth Day Celebration (April 22)  
                      • Lesson 4 Extra Helpings  
                      • Celebrate School Library Month with Book Club selections from Lessons 1-4  
                      School Library Month |
| MAY             | • Lesson 6: Lets Play, Lets Party!  
                      • Food Group Friend Look and Cook Activity  
                      • Lesson 5 Extra Helpings |
| JUNE            | • End of School Year Celebration  
                      • Lesson 6 Extra Helpings  
                      • Dramatic Play Activities |