

Lessons at-a-Glance

	Learning Objectives	Learning Activities
<p>Lesson 1:</p> <p>Meet the Five Food Group Friends</p> <p>(p. 16)</p>	<p>Students will be able to...</p> <ul style="list-style-type: none"> ▪ Name the five MyPlate food groups and be able to identify food choices within each group. ▪ Describe the importance of eating foods from all five food groups. ▪ Demonstrate proper hand-washing techniques and identify the importance of washing hands before and after preparing food and eating. 	<ul style="list-style-type: none"> ▪ Introduction <ul style="list-style-type: none"> • Warm Up – 20 minutes • Reach for the Sky song – 10 minutes ▪ Core Learning Activities <ul style="list-style-type: none"> • Book Club – time will vary • Food Club – two 60-minute sessions • Food Cards – 10 minutes • Cafeteria Connections – two 20-minute activities ▪ Center Time <ul style="list-style-type: none"> • Literacy Center – time will vary • Student Workbook activities [pp. 5-12] – time will vary • Dramatic Play – 15 minutes ▪ Reflection & Assessment – 10 minutes ▪ Extra Helpings – two 20-minute activities
<p>Lesson 2:</p> <p>Discover MyPlate!</p> <p>(p. 26)</p>	<p>Students will be able to...</p> <ul style="list-style-type: none"> ▪ Name the five MyPlate food groups and be able to identify food choices within each group. ▪ Describe the importance of eating foods from all five food groups for good health. ▪ Identify the MyPlate icon and explain that it serves as a reminder to eat foods from all five food groups. 	<ul style="list-style-type: none"> ▪ Introduction <ul style="list-style-type: none"> • Warm Up – 20 minutes • Reach for the Sky song – 5 minutes ▪ Core Learning Activities <ul style="list-style-type: none"> • Book Club – time will vary • Cafeteria Connection – 30 minutes ▪ Center Time <ul style="list-style-type: none"> • Literacy Center – time will vary • Student Workbook activities [pp. 13-16] – time will vary • Food Cards – 15 minutes • Dramatic Play – 15 minutes ▪ Reflection & Assessment – 5 minutes ▪ Extra Helpings – one 20-minute activity, one 10-minute activity
<p>Lesson 3:</p> <p>Eat Your Colors!</p> <p>(p. 32)</p>	<p>Students will be able to...</p> <ul style="list-style-type: none"> ▪ Explain the importance of eating fruits and vegetables of every color for good health (i.e., eating a variety of fruits and vegetables). ▪ Identify food choices within the Fruit Group and Vegetable Group. 	<ul style="list-style-type: none"> ▪ Introduction <ul style="list-style-type: none"> • Warm Up – 20 minutes • Reach for the Sky song – 5 minutes ▪ Core Learning Activities <ul style="list-style-type: none"> • Book Club – time will vary • Super Senses – 15 minutes • Food Club – 25 minutes • Cafeteria Connection – 30 minutes ▪ Center Time <ul style="list-style-type: none"> • Literacy Center – time will vary • Student Workbook activities [pp. 17-19] – time will vary • Food Cards – 15 minutes • Dramatic Play – two 15-minute activities ▪ Reflection & Assessment – 15 minutes ▪ Extra Helpings – two 20-minute activities



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<p>Lesson 4:</p> <p>Planting the Seeds for Healthier Eating</p> <p>(p. 40)</p>	<p>Students will be able to...</p> <ul style="list-style-type: none"> ▪ Describe how edible fruits and vegetables grow from a seed to a plant. ▪ Name three things a plant needs to grow. 	<ul style="list-style-type: none"> ▪ Introduction <ul style="list-style-type: none"> • Warm Up – 20 minutes ▪ Core Learning Activities <ul style="list-style-type: none"> • Book Club – time will vary • Planting Demonstration – 25 minutes • Cafeteria Connections – two 30-minute activities ▪ Center Time <ul style="list-style-type: none"> • Literacy Center – time will vary • Student Workbook activities [pp. 20-22] – time will vary • Food Cards – 15 minutes • Dramatic Play – 15 minutes ▪ Reflection & Assessment – 20 minutes ▪ Extra Helpings – one 40-minute activity, one field trip (time will vary)
<p>Lesson 5:</p> <p>Starting Our Day With MyPlate</p> <p>(p. 47)</p>	<p>Students will be able to...</p> <ul style="list-style-type: none"> ▪ Explain the importance of eating breakfast every day. ▪ Describe feelings of full and hungry. 	<ul style="list-style-type: none"> ▪ Introduction <ul style="list-style-type: none"> • Warm Up – 20 minutes ▪ Core Learning Activities <ul style="list-style-type: none"> • Book Club – time will vary • Food Club – 25 minutes • Cafeteria Connection – 20 minutes ▪ Center Time <ul style="list-style-type: none"> • Literacy Center – time will vary • Student Workbook activities [pp. 23-25] – time will vary • Dramatic Play – one 20-minute activity, one 15-minute activity ▪ Reflection & Assessment – 20 minutes ▪ Extra Helpings – 20 minutes
<p>Lesson 6:</p> <p>Let's Play, Let's Party!</p> <p>(p. 54)</p>	<p>Students will be able to...</p> <ul style="list-style-type: none"> ▪ Name two reasons why it's important to be physically active every day. ▪ Explain that eating foods from the five food groups helps the body be physically active. ▪ Identify three different ways to be physically active each day. ▪ Make a healthy snack based on MyPlate. 	<ul style="list-style-type: none"> ▪ Introduction <ul style="list-style-type: none"> • Warm Up – 20 minutes ▪ Core Learning Activities <ul style="list-style-type: none"> • Book Club – time will vary • Discover MyPlate Celebration – time will vary • Food Club – 25 minutes • Cafeteria Connection – 20 minutes ▪ Center Time <ul style="list-style-type: none"> • Literacy Center – time will vary • Student Workbook activities [pp. 26-29] – time will vary • Food Cards – 20 minutes • Dramatic Play – 15 minutes ▪ Reflection & Assessment – 20 minutes

