



Sunshine Academy Preschool

April 2017: Health and Nutrition



	Mon	Tue	Wed	Thu	Fri
Intro to Health and Exercise	3 Discuss: What Does "Healthy" Mean? Health Word Wall	4 Health Acrostic Poem List Healthy Foods	5 Potato Sack Races at Crowley Rope Limbo at Church Park	6 Relay Races at Griggs Park Practice Stretching	7 Obstacle Course Partner Yoga; 4:30 PICK UP TEACHER TRAINING NIGHT
Nutrition	10 Discuss: Food Groups Create "My Plate"	11 Food Group Sorting Collage Label our Lunch: What Are We Eating	12 List: How Do Healthy Foods Help Our Body? Portion Size Measuring	13 Food Sorting Activity Pretend Play: Grocery Store	14 Field Trip to Organic Farm Journal: How Can I Eat Healthy?
Fruits	17 List and Compare Fruits Chart Where Fruits Grow	18 Apple Browning Experiment Taste and Record Results	19 "Apple Picking" and Counting Activity Apple Fractions	20 Blind Fruit Taste Test Sort Fruit by Color and Shape	21 Graph Favorite Fruit Blend Fruit Smoothies
Vegetables	24 Discuss: Ways Vegetables Grow Vegetable Seed Sorting	25 Lima Bean Growing Experiment Make Vegetable Soup; SCIENCE FAIR	26 Vegetable Pattern Activity Vegetable Measurements	27 Vegetable Taste Test Graph Favorite Vegetables	28 Venn Diagram Fruits vs. Vegetables KWL: What Did We Learn?
Sensory Table Vegetable Exploration, Seed Sorting	Pretend Play Grocery Store Play	Blocks Partner Yoga	Writing Table KWL, Acrostic Poem	Science Area Lima Bean Experiment	