



# Sunshine Academy Preschool

## February 2019: Health and Nutrition



	Mon	Tue	Wed	Thu	Fri
Introduction					1 KWL: Healthy Foods We Know Height and Weight Chart
Healthy Foods	4 Preschool Food Pyramid Healthy vs Unhealthy Food Collage	5 Fruit and Vegetable Dissection Trip to When Pigs Fly Bakery for Bread	6 "My Plate" Food Experiment Food Pie Chart	7 Explore our Taste Buds, Sweet vs Sour Create and Eat Fruit Salad	8 Journal: My Favorite Healthy Food Trip to Trader Joes, Identify Food Groups
Healthy Body	11 Germ Observations with Magnifiers Explore Stethoscope Listen to Heartbeat	12 Roll the Dice, Germ Count Game Germ Scavenger Hunt	13 Read <u>Germ</u> the <u>Wormy</u> , Glitter Hands Experiment Monster Germs 3D Art	14 Germ Play Sculpture <u>Germ</u> <u>Are Not</u> <u>for Sharing</u> , Germ Stations	15 Pin the Tissue on the Nose Soap Sculpture
Dental Hygiene	18 <b>No School Presidents' Day</b>	19 Clean Teeth Chart Tooth Silhouette Matching Game	20 Enamel Tooth Color Experiment Dentist Pretend Play	21 Discover Parts of a Tooth Clean the Cavity Game	22 Brainstorm Questions for Dentist, Visit Dentist Office Flossing Duplos
Physical Fitness	25 Partner Races in the Gym "S" is for Stretch	26 Heavy vs Light, Weigh Objects on a Scale Count Jumping Jacks	27 Group Yoga in Gym Match the Sport to the Equipment Game	28 Log Roll on the Mat Egg and Spoon Race	

**Sensory Table**  
Cotton Balls, Toothbrushes, Floss

**Pretend Play**  
Dentist Dress Up, Stethoscope

**Blocks**  
Unit Blocks, Pretend Weights

**Easel**  
Journals, Food Words

**Science Area**  
Microscope, Glitter Germs