

March 2010

Ms. Lori

Mon	Tue	Wed	Thu	Fri
1 Begin Nutrition Unit and Gardening Unit	2 Group Discussion: What are Healthy Foods? What's in our Lunch?	3 Introduce: Food Groups and Food Pyramid Chart	4 Introduce: Food Groups and Food Pyramid Chart	5 Read: <u>Lunch</u> , by Denise Fleming
8 Introduce: Table Setting, Napkin Folding, and Dish Washing	9 Read: <u>Eating the Alphabet</u> , by Lois Ehlert	10 Make Fruit Smoothies Art: Stamping Fruits/Veggies	11 Parent/Teacher Conferences Early Dismissal 11:45 a.m.	12 Parent/Teacher Conferences Early Dismissal 11:45 a.m.
15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break
22 Prepare Garden Box for Planting	23 Practical Life: Simple Food Prep	24 Practical Life: Simple Food Prep	25 Review Nutrition Lessons Begin Planting Garden	26 Read: <u>Morning in the Garden</u> , by Heather Gonde
29 Sort: Food Group Cards, Vegetables, Fruits, Dairy, and Meats	30 Discuss Seeds: Fruit, Vegetables, and Flowers	31 Discuss Seeds: Fruit, Vegetables, and Flowers		

Vocabulary: nutrition, food groups, germinate, compost, soil, spade, rake, sprout, roots, recipe, food pyramid, grate, slice, blend, chop