

Stargazers with Ms. Katy & Ms. Krystal!

All About Food & Nutrition April 1 - 5, 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|--|--|---|--|---|
| Circle Time | Calendar & Jobs Story: <u>Everyone Poops</u> Where does poop come from and why? What healthy foods can we name? | Calendar & Jobs Story: <u>Bad Case of the Stripes</u> What foods are good and healthy for your body? | Calendar & Jobs Story: <u>Little Pea</u> What foods are not good or not healthy for your body? | Calendar & Jobs Story: <u>Growing Vegetable Soup</u> (storyboard) | |
| Science & Sensory | What is the food pyramid? We will take a look. | Colorful cake! We will work together to make this recipe. | We will watch seeds sprout. What do they need to live? We will make a fruit salad to enjoy with lunch. | Sensory Table: Sorting Beans! We will conduct an experiment with vegetables & how they absorb water. | Field Trip Tour of PCC! |
| Arts & Crafts | Easel Painting! Food stampers! | Easel Painting! Food collage placemats! | Easel Painting! Food pyramid collage | Easel Painting! Noodle Necklaces! | |
| Music & Games | Calendar Song (learning the days of the week) Crazy Cakes! Stacking & balancing. | Crazy Cakes! Stacking, counting & balancing. Food sorting! What shape? What size? What color? | <u>The Very Hungry Caterpillar</u> (storyboard) | Calendar Song (learning the days of the week) 'C' is for cookie! | |
| Extra Special | Weekly Goal: Working as a team & gaining a better understanding of healthy foods and why our body needs them. | We will mix, pour and freeze our own popsicles! | Bring and label your car seat. We will go rain or shine & return for lunch. | We will taste some new foods! What things do we want to try? | Sharing Circle! Wed., Thurs. & Fri. Bring something fun from home. (remember no weapons) |