

Monday	Tuesday	Wednesday	Thursday	Friday
			Introduction to Healthy Foods	
			1 <b><u>Language and Discussion</u></b> What are healthy foods? What can healthy foods do for us?  <b>Splash Day (Come in swimsuit)</b>	2 <b><u>Open-Ended Question &amp; Discussion</u></b> What kinds of foods do you like to eat at home? What's your favorite thing to eat for breakfast, lunch and dinner?  <b><u>Cooking Project</u></b> Making a smoothie in our classroom!
<b>The Food Pyramid</b>				
5 <b><u>Book</u></b> <i>The Food We Eat</i>  <b><u>Language &amp; Discussion</u></b> Learning facts about the food pyramid  <b><u>Science and Cooking Project</u></b> Making applesauce in our classroom!	6 <b><u>Open Ended Question and Discussion</u></b> What kind of fruit and vegetables do you know? How many can we name?  <b><u>Arts &amp; Crafts</u></b> Apple Printing  <b>Splash Day (Come in swimsuit)</b>	7 <b><u>Science Activity</u></b> Planting vegetables seeds  <b><u>Book</u></b> <i>Where Does Broccoli Come from?</i>  <b><u>Arts &amp; Crafts</u></b> Broccoli Painting	8 <b><u>Language and Discussion</u></b> Learning about proteins, grains, and dairy. Which kinds of these foods do we know?  <b><u>Book</u></b> <i>The Moon Might Be Milk</i>  <b>Splash Day (Come in swimsuit)</b>	9 <b><u>Language and Discussion</u></b> Do you have a favorite kind of cheese? What kinds of foods do you like to eat with cheese?  <b><u>Science and Discovery</u></b> Cheese Tasting
<b>Healthy Food vs Sometimes Food</b>				
12 <b><u>Open Ended Question &amp; Discussion</u></b> What do our bodies need to stay strong?  <b><u>Book</u></b> <i>Why We Eat Healthy Food</i>	13 <b><u>Open Ended Question and Documentation</u></b> Making a chart of healthy food vs "sometimes" food  <b><u>Book</u></b> <i>The Berenstain Bears and Too Much Junk Food</i>  <b>Splash Day (Come in swimsuit)</b>	14 <b><u>Community Field Trip</u></b> Walk to [REDACTED] Be here by 9:30 AM, Depart at 10 AM, Return around 12 PM  <b>Meet the Rainbows Teachers / Popsicles on the Playground (Parents &amp; Kids) 6-6:30 PM</b>	15 <b><u>Transition Day</u></b> Munchkins visit the Rainbows Classroom 9:30-11:30 AM	16 <b><u>Transition Day</u></b> Munchkins visit the Rainbows Classroom 9:30-11:30 AM
19 <b>TPCDC CLOSED</b> Staff Professional Days	20 <b>TPCDC CLOSED</b> Staff Professional Days	21 <b>TPCDC CLOSED</b> Staff Professional Days	22 <b>TPCDC CLOSED</b> Staff Professional Days	23 <b>TPCDC CLOSED</b> Staff Professional Days
26 <b>First Day in the Rainbows Classroom!</b>	27	28	29	30