

# Science - Healthy Me!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>Week 1:</b> Feb 1-4</p> <p><b>Focus:</b> Nutrition <i>*Have pre-assessment done by now. On Friday, Read To: <u>Healthy Me</u></i></p>	<p><b>Task 1:</b> Graphic Organizer: brainstorming healthy v. unhealthy foods.</p> <p><b>Task 2:</b> Read To: <u>Healthy Eating</u></p> <p><b>Task 2:</b> Introducing food pyramid</p>	<p><b>Task 1:</b> Student food pyramid sort</p> <p><b>Task 2:</b> “Groove to foods” song</p>	<p><b>Task 1:</b> Open with “Groove to Foods” song</p> <p><b>Task 2:</b> Students make individual food pyramids</p>	<p><b>Task 1:</b> Making a healthy pate</p> <p><b>Task 2:</b> Sharing our healthy plates</p> <p><b>Task 3:</b> Sharing a healthy snack (fruit salad)</p>
<p><b>Week 2:</b> Feb 8-11</p> <p><b>Focus:</b> Physical Activity</p>	<p><b>Task 1:</b> Brainstorming forms of physical activity</p> <p><b>Task 2:</b> Read To -- <u>Kicking, Running, and Stretching</u>, discuss why it’s important to move our bodies - chart</p> <p><b>Task 3:</b> “Listen and Move” song</p>	<p><b>Task 1:</b> Refer back to list of physical activities from previous day -- Discuss why it’s important to be physically active.</p> <p><b>Task 2:</b> Kleenex Box Exercise game</p>	<p><b>Valentine’s Day Center:</b> “Healthy Hearts” exercise game</p>	<p><b>Task 1:</b> song, “wash, wash, wash your hands”</p> <p><b>Task 2:</b> “Wash it Away” Exploration</p> <p><b>Task 3:</b> “Give it a Hand” Art Project</p>
<p><b>Week 3:</b> Feb 15-18</p> <p><b>Focus:</b> Safety</p>	<p><b><u>No School</u></b></p>	<p><b><u>No School</u></b></p>	<p><b>Task 1:</b> Introducing “911” and discussing scenarios, how to call</p> <p><b>Task 2:</b> role playing – calling 911</p>	<p><b>Task 1:</b> Brainstorming safe/unsafe pedestrian procedures</p> <p><b>Task 2:</b> Role playing safe pedestrian procedures</p>
<p><b>Week 4:</b> Feb 22-25</p> <p><b>Focus:</b> Personal Health and Wellness</p>	<p><b>Task 1:</b> Charting/Discussing students’ experiences going to the doctor</p> <p><b>Task 2:</b> Read To -- <u>Checkup</u></p>	<p><b>Task 1:</b> Toothbrush Power Investigation</p> <p><b>Task 2:</b> “Brushing up on Brushing” Exploration</p>	<p><b>Task 1:</b> “Healthy Eats are Dental Treats” activity</p>	<p><b>Post-Assessment</b></p>

