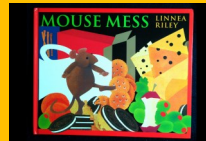
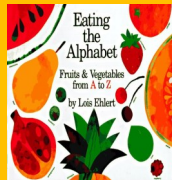
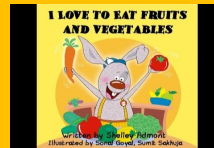
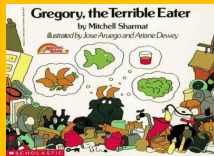


### Healthy Eating

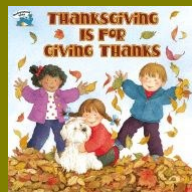
October 29 – November 09, 2018



This unit on nutrition, entitled “Healthy Eating,” introduces the children to the My Food Plate and discusses healthy and unhealthy food choices. Each day a portion of the My Food Plate will be discussed so that by the end of the week the children will have a good understanding of healthy food choices within the breads, cereal and pasta group, fruit group, vegetable group, dairy group, and meat, poultry and fish group.

### Thanksgiving

November 12 - 30 2018



Through songs, poems, books, discussions and activities the children will learn about the various sights, sounds, smells, traditional activities and foods of the Thanksgiving holiday.