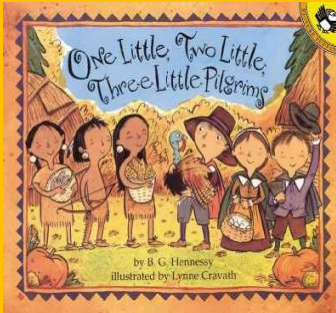


Healthy Eating

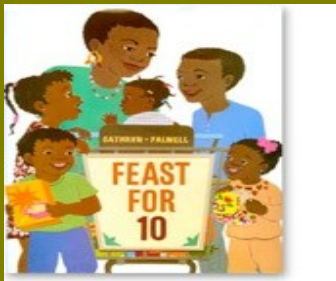
October 29 – November 09, 2018



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.

Thanksgiving

November 12 – 30 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