

	Monday Activity link	Tuesday Activity link	Wednesday Activity link	Thursday Activity link	Friday Activity link
On the Move	<u>Healthy Food Toss</u> Sort the healthy foods from the unhealthy foods.	<u>Apple Scoop</u> As they say, an apple a day...	<u>Nutrition Hop</u> Keep your healthy eating on track with this large motor activity.	<u>Sweet Potato Sack Race</u> Sweet potatoes provide us with lots of nutrients and fun.	<u>Salad Shake & Serve</u> Have a healthy salad while building your fine motor skills.
Adventures Online	<u>Healthy Eating</u> Blippi visits Tanaka Farm to learn about healthy eating.	<u>Healthy Foods Song</u> Healthy foods help our bodies and brains.	<u>The Captain</u> The captain teaches about foods that can help your teeth stay strong.	<u>Healthy Food</u> What does food do for our bodies?	<u>Grow Your Colors</u> Help Grover grow healthy colors for our bodies in this interactive game.
Sensory Time	<u>Healthy Foods Tasting</u> Time to put your taste buds to the test!	<u>What's that Smell?</u> Let's wake up those olfactory receptors.	<u>Nutritious Smoothie</u> Smoothie... a great way to get those vegetables in.	<u>Blind Touch Test</u> How does it feel to your mechanoreceptors?	<u>Sorting Foods</u> Let's talk about nutrition!

<p>Story Time</p>	<p><u>Eat Your Colors</u></p> <p>This colorful read will introduce little ones to the basics of good nutrition.</p>	<p><u>Eat Your Peas</u></p> <p>Daisy does not like peas, so Mom creatively tries to encourage her to try them.</p>	<p><u>Plants Feed Me</u></p> <p>Explore the different types of plants that are good for you to eat.</p>	<p><u>Shapes for Lunch</u></p> <p>Discover the many shapes we see in the foods we eat every day.</p>	<p><u>Edible Colors</u></p> <p>Learn about healthy eating in this colorful story.</p>
<p>Arts and Creativity</p>	<p><u>Food Collage</u></p> <p>Make a collage of your favorite healthy foods.</p>	<p><u>Fruit Painting</u></p> <p>Painting with fruits!</p>	<p><u>Nutritious Song</u></p> <p>Good nutrition is important, have fun singing about healthy foods.</p>	<p><u>Healthy Draw & Tell</u></p> <p>How do you stay healthy?</p>	<p><u>Harvest Basket</u></p> <p>Create a harvest basket of healthy foods.</p>