

## Week 3

### NUTRITION

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- Monday morning, distribute resource article and poster. Staff are to read the article and by Friday submit to the director one main idea that stood out.

Article:

- *"Promoting Healthy Eating"*

Poster:

- *"Choose My Plate"*
  - \* Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for details and tips on filling your plate with healthy choices.

- On Monday distribute the "Nutrition Checklist" to each staff member. This checklist should be completed this week and could be used on a monthly basis.
- This week teachers are to create a healthy snack with the children. Research a fun and healthy snack or use your imagination and create your own!
  - Optional: Create a documentation board with pictures of the children making their healthy snack. Display in your classroom for parents to see!