

Week 3

NUTRITION

- 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 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!