

# Foods of the Month - Lesson Plan

## Monthly Suggestions

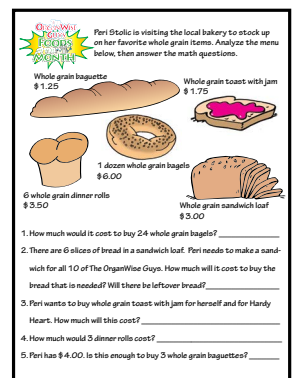
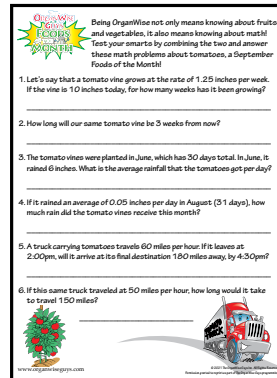
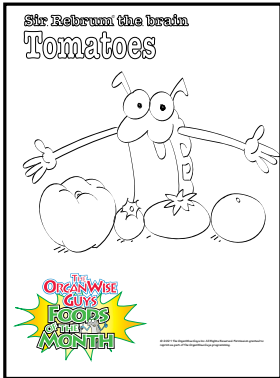
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The Foods of the Month program highlights two food/food groups with a variety of content for use throughout each month. We will use September as an example of the monthly content.



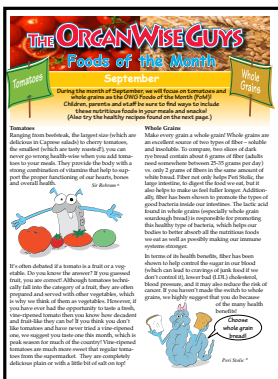
- Discuss this month's Food of the Month items. Each month also contains clip art to use on menus or bulletin boards.
- Print copies of the coloring/activity sheets and the monthly newsletter for students to take home.
- Use your Foods of the Month posters, buttons, etc., if you have them. It is always a great addition to do a food tasting - kids love it!

### Foods of the Month Coloring and Activity Sheets:



### Foods of the Month Newsletter - English/Spanish:

Watch this short video about this month's Foods of the Month:



FOODS OF THE MONTH - SEPTEMBER.MP4



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Foods of the Month (FoM) is designed with content to use throughout the month. Various components can easily be added to any nutrition/health programming in 3-15 minute segments to accommodate site activities. Below are lesson objectives and implementation best practices.

### **Foods of the Month - Lesson Objectives/Key Concepts:**

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

### **Materials Needed/Suggested:**

- Access to digital platform
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)

### **Best Practices (includes using some of the physical FoM items) :**

#### **In the cafeteria (suggested plan for each month):**

- Hang the month-appropriate posters where children can read/engage with while waiting in line.
- Hang the FoM poster (that lists all 12 months foods/food groups) where food service staff can see it to be reminded of what's being highlighted each month.
- Wear the MyPlate apron and use as a teaching tool.
- Wear the appropriate buttons on apron (buttons do not contain "month" so they can be worn any time that food is served throughout the year).
- Take advantage of the resources provided on the website platform.
  - Print off newsletters
  - Print off activity/coloring sheets
  - Use clip art to liven up menus or for any other purpose
  - Watch video for that month

#### **In the classroom:**

As kids fall in love with The OrganWise Guys through the stories, videos, etc., they are motivated to make better choices. The more regularly they engage with the platform content, the more significant FoM will become during mealtime! PE teachers are a great resource to promote monthly food items using posters/downloadable content for a quick nutrition lesson while warming-up.

#### **For Early Childhood Centers:**

Many centers eat family-style which provides the perfect opportunity to engage in daily nutrition education with students. Feel free to use any of the ideas from the cafeteria section above to make valuable use of this time. If food tastings are an option, these are ideal teachable moments to bring nutrition to life!

#### **In the EC Center/school environment:**

In the foyer of your center/school, create an OrganWise FoM stand using posters and a shelf with the coloring/activity sheets and newsletters for parents to take home to increase parent and family engagement as students are dropped off/picked up.