

# Monday, February 3<sup>rd</sup>

- ▶ Make sure Vocabulary words are completed. Quiz on Friday.
- ▶ Complete Classroom Contract/I wish my teacher knew...
- ▶ Begin Group posters
- ▶ Fill in your agenda with:
- ▶ Complete defining health terms
- ▶ Classroom Contract/I wish my teacher knew...
- ▶ Group Classroom posters

## Tuesday, February 4<sup>th</sup>

- ▶ Take the first ten minutes of class to finish Classroom Rules posters.
- ▶ Begin Nutrition Unit today with Rumor or Fact worksheet.
- ▶ Watch Video: MyPlate Newest Dietary Guidelines and answer questions that go with the video.
- ▶ **Fill in agenda with:**
  - ▶ Classroom Poster
  - ▶ Rumor or Fact
  - ▶ MyPlate: The Newest Dietary Guidelines

# Wednesday, February 5th

- ▶ Watch video: *MyPlate: The Newest Dietary Guidelines*. Answer questions that go with the video.
- ▶ Complete *MyPlate Crossword puzzle* and *Fruits and Veggie word search*.
- ▶ Fill in agenda with:
- ▶ Video: *MyPlate: Newest Dietary Guidelines*. Answer questions
- ▶ *My Plate Crossword Puzzle*

# Thursday, February 6<sup>th</sup>

- ▶ Check My Plate Crossword puzzle
- ▶ Read and highlight Why it's important to eat healthy. Read about Grains and Vegetables today.
- ▶ Complete 1-5 of Nutrition and Physical Activity Reading Questions ONLY.
- ▶ Read Understanding Food Package Terms
- ▶ Fill in Agenda with:
- ▶ Check My Plate Crossword Puzzle
- ▶ Read about the importance of Grains and Vegetables
- ▶ Complete questions 1-5 ONLY
- ▶ Read Understanding Food Package Terms

# Friday, February 6<sup>th</sup>

- ▶ Take Vocabulary Quiz
- ▶ Complete Nutrition Label Comparison worksheet. Discuss after completed.
- ▶ Fill in agenda with:
- ▶ Vocabulary Quiz
- ▶ Nutrition Label Comparison assignment