

Weekly Plan Sheet		Week of	Topic of Study	Health and Nutrition	Teacher(s)	
Day	Group Time #1	Group Time #2	Small Group Activities		Transition Activities	Special Activities
Monday	FP: Pat-a-Cake –p. 6 Little Jack Horner – p. 7 Introduction: Finding out what children know about health and nutrition – p. 2 FP or Song: We Need Water – p. 9	FP: Simple Simon – p. 7 Wee Willie Winkie – p. 7 First Reading of <i>From Head to Toe</i> – p. 3 FP or Song: Healthy Food – p. 10	Handwashing Chart – p. 11		Kerplunk – p. 18	My Favorite Vegetable for Dipping – p. 14
Tuesday	FP: Tiny Tim – p. 8 First Reading of <i>Daddy Makes the Best Spaghetti</i> - p. 4 FP or Song: We'll Be Coming to the Table – p. 11	FP: The Apple Tree – p. 8 Second Reading of <i>From Head to Toe</i> – p. 3 FP or Song: Baking Song – p. 10	Food Group Sorting – p. 12		Which Food Group – p. 18	I Can Run – p. 15
Wednesday	FP: The Man in the Moon – p.7 Diddle, Diddle, Dumpling – p. 7 First Reading of <i>The Napping House</i> – p. 4 FP or Song: Muffin Man – p. 11	FP: One Potato, Two Potato – p. 8 Second Reading of <i>Daddy Makes the Best Spaghetti</i> - p. 4 FP or Song: We'll Be Coming to the Table – p. 11	What's In the Bag? – p. 11		Kerplunk – p. 18	Tuna Salad and Pita Bread – p. 13
Thursday	FP: My Toothbrush – p. 9 First Reading of <i>Time for Bed</i> – p. 5 FP or Song: Are You Sleeping – p. 11	FP: After a Bath – p. 10 Storytelling: <i>From Head to Toe</i> – p. 6 FP or Song: This Is the Way – p. 9	Third Reading of <i>The Napping House</i> – p. 5		Which Food Group – p. 18	Beanbag Toss – p. 16
Friday	FP: I Love Good Food – p. 10 Storytelling: Choice –p. 6 FP or Song: Healthy Food – p. 10	FP: The Man in the Moon – p. 7 Conclusion: Finding out what children have learned about health and nutrition – p. 3 FP or Song: We'll Be Coming to the Table – p. 11	Second Reading of <i>Time for Bed</i> - p. 5		Kerplunk – p. 18	Making Fruit Salad – p. 13

Changes to the Environment (Props, materials added to Centers)

Art	Blocks	Books	Dramatic Play / Home Living	Manipulatives	Sand / Water	Science / Discovery
Kitchen Gadget Printing, Kitchen Gadget Mural, Cookie Cutter Prints, - p. 16		Add books, pictures, clothesline and storytelling figures, rhyme charts, storyboard – p. 17	Add a Bedtime Prop Box, rolling pin, aluminum pie pan, and illustrated recipe card, food preparation and serving items – p. 17	Nut Sorting, hygiene puzzles, play dough, rolling pins and cookie cutters – p. 17	Water – add artificial vegetables and fruit, a vegetable brush, potatoes and a potato brush – p. 17 Sand - add sifter, colander, and measuring cups – p. 17	What's in the Bag? – p. 18