

Unit 1: Have fun with five food groups. 4

- Activity 1: Cover Activity (identifying)
- Activity 2: High Five Foods (matching)
- Activity 3: Where do I belong? (matching)
- Activity 4: My Favorite Foods (opinions)

Unit 2: Make it milk! 6

- Activity 1: “Mmm” is for milk! (thinking map)
- Activity 2: Milk Math (graphing)
- Activity 3: Where does milk come from? (agriculture connection)
- Activity 4: The Milk Group Song (rhyming)
- Extension Activities

Unit 3: Do you know your vegetables? 8

- Activity 1: What am I? (Venn diagram)
- Activity 2: Vegetables on the Farm (agriculture connection)
- Activity 3: Can you find the vegetables? (identifying)
- Activity 4: I spy. (identifying)
- Extension Activities

Unit 4: Fruit is fun! 10

- Activity 1: Mystery Fruit (discovering; justifying)
- Activity 2: Fruit on the Farm (agriculture connection)
- Activity 3: Gather the fruit. (synthesizing)
- Activity 4: Am I a fruit? (pair-share)
- Extension Activities

Unit 5: Go strong with breads and cereals! . . 12

- Activity 1: Time for Bread and Cereals (sorting)
- Activity 2: On the Farm (retelling)
- Activity 3: What is next? (sequencing)
- Activity 4: Shape Foods (recognizing shapes)
- Extension Activities

Unit 6: Jump to it for meat, beans and nuts. 14

- Activity 1: Stand up! Sit down! (identifying)
- Activity 2: Where do I come from? (agriculture connection)
- Activity 3: Can you count? (counting)
- Activity 4: Make room for meat, beans and nuts. (synthesizing)
- Extension Activities

Unit 7: Take time for snacks. 16

- Activity 1: Snacking Rhymes (rhyming)
- Activity 2: Move for healthy snacks. (analyzing)
- Activity 3: What snacks go together? (synthesizing)
- Activity 4: A Rainbow of Healthy Snacks (collaborating)
- Extension Activities

Unit 8: Start your day with breakfast. 18

- Activity 1: Breakfast Toss (analyzing)
 - Activity 2: Get going with breakfast. (opinion, analogies)
 - Activity 3: Where are the breakfast foods? (discovering)
 - Activity 4: Make a match. (matching)
 - Extension Activities
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