

Theme Teaching:

March:
National Nutrition Month
Youth Art Month (The Color Green)



Concepts That Apply:

1. Yellow and Blue make Green.

2. Green Foods that are good to eat.

3. Good Nutrition is a choice. What foods are good for you?

(Narrow Concepts to 2-3 depending on the resources you have available.)

1. Expressive Art: (Collages, cards, posters, drawings)

- A. Green Collages: Gather green crayons or markers, construction paper, tissue paper, stickers, crepe paper, and any other green materials you have to make a green collage. Allow children to each make a green collage of their design.
- B. Have a "Green Hat Day." Make a construction paper band for each child. Before attaching the two ends to make the hat band, let each child take green collage materials and stickers and make a green hat. (You could use St Patrick's Day stickers and pictures or emblems cut from the paper and make St Patty's Day Hats.
- C. Using a coffee filter as your paper, use eye droppers of yellow and blue food coloring to make a design. Allow the children to "discover" that the two colors when mixed together, make green.
- D. Set up your paint easel or set up an area to finger paint with yellow and blue or green paint for paintings this month.

2. Sensory Art Area Ideas: (Sand, water, playdoh, snow, etc)

Refer to the " Art Recipes " handout in the CCNI 2010 Nutrition Training for the " Best Cooked Playdoh " Recipe or go to our website and download the recipes. You can use blue and yellow food coloring and allow the children to observe that those colors mixed together make green or you can color it using green food coloring. Encourage children to form their favorite green vegetables out of playdoh.

3. Literature:

Milk Matters with Buddy Brush by the U.S. Department of Health and Human Services (CCNI 2010 Nutrition Training Handout)

Recycling Books

Froggy Books by Jonathon London

Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert

Good Enough to Eat by Lizzy Rockwell

Any books about colors that include or are about the color green.



4. Manipulatives: (games, puzzles, fine motor skill objects)

Puzzles about good foods, especially fruits and vegetables.

Games that include making good foods such as assembling a sandwich.

Make a matching or memory game by gluing identical pictures of fruits and vegetables to 3 X 5 " note cards and laminating them. (Good school age child activity.)

5. Dramatic Play Setting:

Make a "Restaurant " or "Cafeteria " in your dramatic play area. Have children make posters or menus in your art area to show what " Good Foods " your serve. Encourage children to take turns being customers, cooks, waiters or the manager. How does each one affect whether the foods served or eaten are healthy or not healthy?

6. Science Experiments or Social Studies:

- A. Involve children in menu planning some time this month. Let each child choose a favorite " healthy " meal or snack. Offer choices to pick from that are healthy.
- B. Have a "Taste Test " using green fruits and vegetables, some raw and some cooked. Let each child have a chart to check off his or her choices.
- C. Go Green. Do something that demonstrates to children how to properly store foods or recycle this month.

7. Block Play:

Create a Farmer ' s Market in the block play area and display fruits and vegetables from your dramatic play area.

Provide trucks in the block play area and allow children to " haul vegetables " from the " farms " to the " farmers ' market " or stores to sell.

Foods or Nutrition Education we can add related to the Theme:

Include more green fruits and vegetables in your menus this month:

broccoli cooked or raw, asparagus, artichokes, avocado, kiwi, cucumbers, cabbage, grapes, lettuce, leeks, or limes.

Or, you could try at

least one green fruit or vegetable that you have not served ever or in a long time.

Serve a fruit or vegetable in a new way.

Evaluation:

Things I would change or add:

