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## Pre-K to 2nd Grade Level

### **(The) Carrot Seed**

- Nutrition Activity #1 – Mix-A-Salad Game
- Nutrition Activity #2 – I’m Planting a Garden
- Physical Activity #1 – I Grew A Carrot!
- Physical Activity #2 – Shape of Yoga
- Parent Newsletter – “A Garden of Vegetables”

### **Eat Your Peas Louise**

- Nutrition Activity #1 – Carrots, Peas & Broccoli
- Nutrition Activity #2 – Louise’s Vegetable Basket
- Physical Activity #1 – Vegetable Shifters
- Physical Activity #2 – Roll Like Pea
- Parent Newsletter – “Vegetable Galore”

### **From Head to Toe**

- Nutrition Activity #1 – Real vs Imitation
- Nutrition Activity #2 – Juicy Jigglers
- Physical Activity #1 – Swing Your Partner
- Parent Newsletter – “Which Juice”

### **Giraffes Can’t Dance**

- Nutrition Activity #1 – Let’s Cook Together
- Nutrition Activity #2 – Recipe Scramble
- Physical Activity #1 – Animal Yoga
- Physical Activity #2 – Macarena
- Parent Newsletter – “Child’s Play”

### **Go, Go Grapes**

- Nutrition Activity #1 – Edible Critters
- Nutrition Activity #2 – Counting Seeds
- Physical Activity #1 – Memory Game
- Physical Activity #2 – Pick the Fruit
- Parent Newsletter – “Focus on Fruit”

### **Grandmother Spider Brings the Sun— A Cherokee Story**

- Nutrition Activity #1 – Family Mealtime
- Nutrition Activity #2 – Seasons of the Sun
- Physical Activity #1 – Pass it Around
- Physical Activity #2 – Hot Sun
- Oceti Sakowin – Sun Drying
- Parent Newsletter – “Vitamin D”

### **Greet the Dawn**

- Nutrition Activity #1 – Peaceful, Easy Feeling
- Nutrition Activity #2 – All Star Activities
- Physical Activity #1 – Vocabulary Shuffle
- Physical Activity #2 – Hoop to Hoop
- Oceti Sakowin – We Are All Related/Mitakuye Oyasin
- Parent Newsletter – “Family Picnic”

### **I’m Growing**

- Nutrition Activity #1 – Milk Matters
- Nutrition Activity #2 – Me!
- Physical Activity #1 – I’m Growing
- Physical Activity #2 – Bean Bag Toss
- Parent Newsletter – “Milk for Growing Bones”

### **(The) Little Red Hen**

- Nutrition Activity #1 – Grains Galore!
- Nutrition Activity #2 – Rolling in Dough
- Physical Activity #1 – Teamwork Races
- Physical Activity #2 – Chicken House
- Parent Newsletter – “Go for the Grain”

### **Llama Llama Mad at Mama**

- Nutrition Activity #1 – Hungry Full Meter
- Nutrition Activity #2 – Grocery Store Checkout
- Physical Activity #1 – Move It, Don’t Lose It!
- Physical Activity #2 – We’re Going to Eat Potatoes
- Parent Newsletter – “Grocery Shipping with Kids”

### **Monsters Don’t Eat Broccoli**

- Nutrition Activity #1 – Ways to Eat Broccoli
- Nutrition Activity #2 – Playdough Play
- Physical Activity #1 – Over, Under, Around & Through
- Physical Activity #2 – Pizza Tag
- Parent Newsletter – “New Foods”

### **Mouse Mess**

- Nutrition Activity #1 – It’s Time to Eat
- Nutrition Activity #2 – Snack Concentration Game
- Physical Activity #1 – Move Like a Machine
- Physical Activity #2 – Quiet as a Mouse
- Parent Newsletter – “Fast Food”

### **Pete the Cat I Love My White Shoes**

- Nutrition Activity #1 – Adding up the Fruit
- Nutrition Activity #2 – Fight BAC!
- Physical Activity #1 – Dancing in My White Shoes
- Physical Activity #2 – Raining on the Orchard
- Parent Newsletter – “Prepare Food Safely”

### **Pete the Cat Rocking in My School Shoes**

- Nutrition Activity #1 – It’s All Good Lunchbox
- Nutrition Activity #2 – Rethink Your Drink
- Physical Activity #1 – I Love My Running Shoes
- Physical Activity #2 – I’m Rocking
- Parent Newsletter – “How Much Should My Child Eat?”

### **Rah, Rah Radishes!**

- Nutrition Activity #1 – Vegetable Rainbow
- Nutrition Activity #2 – What Am I Thinking Of?
- Physical Activity #1 – Old MacDonald Spinach Style
- Physical Activity #2 – Bean Bag Balance
- Parent Newsletter – “Grow a Family Garden”

### **Splat the Cat**

- Nutrition Activity #1 – Feel Good Mask
- Nutrition Activity #2 – Splat’s Lunch Tray
- Physical Activity #1 – Hide Like a Mouse
- Physical Activity #2 – Mousetrap
- Parent Newsletter – “Lunchtime”

### **Ten Little Rabbits**

- Nutrition Activity #1 – Finding 10
- Nutrition Activity #2 – Colorful Blanket
- Physical Activity #1 – Hopscotch
- Physical Activity #2 – Blanket Toss
- Oceti Sakowin – Cherry Stone Game

### **Why Should I Eat Well?**

- Nutrition Activity #1 – Best or Worst?
- Nutrition Activity #2 – Other Half of MyPlate
- Physical Activity #1 – Rachel Says
- Physical Activity #2 – Back to Back
- Parent Newsletter – “Go Lean with Protein”

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## K-3rd Grade Level

### The Animal Boogie

- Nutrition Activity #1 – Hoppety Hop to Good Health
- Nutrition Activity #2 – Still Life Painting
- Physical Activity #1 – Animal Boogie Dance
- Physical Activity #2 – Kid’s Yoga Journey
- Parent Newsletter – “Active Living for Families”

### Bread & Jam for Frances

- Nutrition Activity #1 – Breakfast, Breakfast, Breakfast
- Nutrition Activity #2 – Better Bread and Jam
- Physical Activity #1 – Energy Rush
- Parent Newsletter – “Why Breakfast?”

### Dream Wolf

- Nutrition Activity #1 – Fruit Bingo
- Nutrition Activity #2 – Snacks to Go
- Physical Activity #1 – Trail Walk
- Physical Activity #2 – Triangle Tag
- Oceti Sakowin – All My Relatives (Mitakuye Oyasin)
- Parent Newsletter – “Family Meals”

### (The) First Strawberries: A Cherokee Story

- Nutrition Activity #1 – Eat Your Colors
- Nutrition Activity #2 – Wojapi Fun!
- Physical Activity #1 – Going on a Berry Hunt
- Physical Activity #2 – Chasing a Rainbow
- Oceti Sakowin – Seed Knowledge
- Parent Newsletter – “A Rainbow of Fruits”

### I will Never Not Ever Eat a Tomato

- Nutrition Activity #1 – The Name Game
- Nutrition Activity #2 – Which Tomato?
- Physical Activity #1 – Couch Potatoes
- Physical Activity #2 – Never Eat a Tomato?
- Parent Newsletter – “The Choosy Eater and New Foods”

### Jingle Dancer

- Nutrition Activity #1 – Medicine Wheel
- Nutrition Activity #2 – Indian Tacos and MyPlate
- Physical Activity #1 – Make Noise and Dance
- Physical Activity #2 – Rain, Rain Go Away!
- Oceti Sakowin – Fancy Dancers
- Parent Newsletter – “Healthy Eating for Your Family”

### Oh, the Things You Can Do That Are Good for You

- Nutrition Activity #1 – FIT Bingo
- Nutrition Activity #2 – Food Hero
- Physical Activity #1 – Relay Races
- Physical Activity #2 – A Trip to the Feeling Great Clinic
- Parent Newsletter – “ABCs of Hand Washing”

### (The) Star People—A Lakota Story

- Nutrition Activity #1 – Water, Water, Everywhere!
- Nutrition Activity #2 – Star Snacks
- Physical Activity #1 – Star Hopping
- Physical Activity #2 – Shooting Star
- Oceti Sakowin – Lakota/Dakota Songs
- Parent Newsletter – “Water – An Essential for Good Health”

### Yoko

- Nutrition Activity #1 – Culture Shock
- Nutrition Activity #2 – Brown Bag!
- Physical Activity #1 – Cat and Mouse
- Parent Newsletter – “Safe Bag Lunches”

## 1st-3rd Grade Level

### The Berenstain Bears & Too Much Junk Food

- Nutrition Activity #1 – Snack Master or Snack Monster?
- Nutrition Activity #2 – Sugar, Sugar, Sugar
- Nutrition Activity #3 – The Ins and Outs of Shopping
- Physical Activity #1 – Too Much Junk Food
- Parent Newsletter – “Healthy Snacking”

### Coyote Christmas

- Nutrition Activity #1 – Oh, My Tummy
- Nutrition Activity #2 – Coyote Advertising
- Physical Activity #1 – Spider, Coyote, and Raven
- Physical Activity #2 – A Christmas Eve Tale
- Oceti Sakowin – The Tricksters
- Parent Newsletter – “How Much Do You Eat?”

### Return of the Buffaloes

- Nutrition Activity #1 – Protein Power
- Nutrition Activity #2 – Jazzy Jerky
- Physical Activity #1 – Follow the Buffalo Leader
- Physical Activity #2 – Hoop to Hoop
- Oceti Sakowin – Lakota Parfleche Design
- Parent Newsletter – “Protein Power”

### The Vegetable Alphabet Book

- Nutrition Activity #1 – Sprouts!
- Nutrition Activity #2 – Vegetable Soup
- Physical Activity #1 – Simon Says “Eat Your Veggies”
- Physical Activity #2 – Ribbon Alphabet
- Parent Newsletter – “Safe Handling of Fruits and Vegetables”

## iGrow Readers Activities and Objectives List

Age	Book	Nutrition Objective	Nutrition Activity	Physical Activity Objective	Physical Activity	Oceti Sakowin Description	Newsletter Title	
PreK-2	(The) Carrot Seed	Describe how planting, growing, and preparing fruits and vegetables is fun and healthy.	<ul style="list-style-type: none"> <li>Mix-A-Salad Game</li> <li>I'm Planting a Garden</li> </ul>	Practice ways that growing a garden can be good exercise. Stretch and balance your body in yoga poses.	<ul style="list-style-type: none"> <li>I Grew a Carrot!</li> <li>Shape of Yoga</li> </ul>		A Garden of Vegetables	
	Eat Your Peas, Louise!	Identify traits of different types of vegetables. Describe a personally favorite vegetable.	<ul style="list-style-type: none"> <li>Peas, Carrots, Broccoli</li> <li>Louise's Vegetable Basket</li> </ul>	Demonstrate ability to make different poses with the body.	<ul style="list-style-type: none"> <li>Vegetable Shifters</li> <li>Roll Like a Pea</li> </ul>		Vegetables Galore	
	From Head to Toe	Identify what parts of fruit contains fiber. Recognize 100% fruit juice over imitation drinks.	<ul style="list-style-type: none"> <li>Real vs. Imitation</li> <li>Juicy Jigglers</li> </ul>	Promote the importance of being physically active every day. Exhibit positive attitude towards physical activity.	<ul style="list-style-type: none"> <li>Swing Your Partner</li> </ul>			Which Juice?
	Giraffes Can't Dance	Identify skills needed to prepare food and how they can be learned. Describe how to follow a recipe.	<ul style="list-style-type: none"> <li>Let's Cook Together</li> <li>Recipe Scramble</li> </ul>	Practice bending and stretching with yoga poses. Participate in activity that raises the heart rate.	<ul style="list-style-type: none"> <li>Animal Yoga</li> <li>Macarena</li> </ul>			Child's Play
	Go, Go Grapes	Identify characteristics of fruit. Plan how to include fruits in foods eaten each day.	<ul style="list-style-type: none"> <li>Edible Critters</li> <li>Counting Seeds</li> </ul>	Demonstrate movement skills. Work as a team.	<ul style="list-style-type: none"> <li>Memory Game</li> <li>Pick the Fruit</li> </ul>			Focus on Fruit
	Grandmother Spider Brings the Sun	Recognize the variety of healthy foods available all year. Identify the tasks and values in having family meals.	<ul style="list-style-type: none"> <li>Family Mealtime</li> <li>Seasons of the Sun</li> </ul>	Perform coordination and ball passing skills. Perform cooperation activity.	<ul style="list-style-type: none"> <li>Pass It Around</li> <li>Hot Sun</li> </ul>		Sun Drying—preserving food by dehydrating, plum drying lab	Vitamin D
	Greet the Dawn	Describe a way to go through the day that is calm and peaceful. Practice being physically active outside of school.	<ul style="list-style-type: none"> <li>Peaceful Easy Feeling</li> <li>All Star Activities</li> </ul>	Perform a balancing activity. Move safely through space.	<ul style="list-style-type: none"> <li>Vocabulary Shuffle</li> <li>Hoop to Hoop</li> </ul>		We Are All Related—taking care of Mother Earth and all living relatives	Family Picnic
	I'm Growing	Identify that drinking milk is important to help students grow and learn. Recognize that everyone grows at different times and rates.	<ul style="list-style-type: none"> <li>Milk Matters</li> <li>Me!</li> </ul>	Illustrate with activity how body changes as a child grows	<ul style="list-style-type: none"> <li>I'm Growing</li> <li>Bean Bag Toss</li> </ul>			Milk for Growing Bones
	(The) Little Red Hen	Identify whole grains and where they come from.	<ul style="list-style-type: none"> <li>Grains Galore!</li> <li>Rolling in Dough</li> </ul>	Participate as a team by working together	<ul style="list-style-type: none"> <li>Teamwork Races</li> <li>Chicken House</li> </ul>			Go for the Grain
	Llama Llama Mad at Mama	Identify choices that are made when shopping for groceries. Identify the recommended serving size for foods in each food group.	<ul style="list-style-type: none"> <li>Hungry Full Meter</li> <li>Grocery Store Checkout</li> </ul>	Perform dance movements. Participate in an activity that raises the heart rate.	<ul style="list-style-type: none"> <li>Move It, Don't Lose it!</li> <li>We're Going to Eat Potatoes</li> </ul>			Grocery Shopping with Kids

## iGrow Readers Activities and Objectives List

Age	Book	Nutrition Objective	Nutrition Activity	Physical Activity Objective	Physical Activity	Oceti Sakowin Description	Newsletter Title
PreK-2	Monsters Don't Eat Broccoli	Identify foods that contribute to good health.	<ul style="list-style-type: none"> <li>Ways to Eat Broccoli</li> <li>Playdough Play</li> </ul>	Perform exercise that raises the heart rate. Practice locomotor movements.	<ul style="list-style-type: none"> <li>Scarf Play – Over, Under, Around &amp; Through</li> <li>Pizza Tag</li> </ul>		New Foods
	Mouse Mess	Identify sensory traits of food that affect food selection. Describe anytime and sometimes snacks.	<ul style="list-style-type: none"> <li>It's Time to Eat</li> <li>Snack Concentration Game</li> </ul>	Perform balance activities. Participate in activity that raises the heart rate.	<ul style="list-style-type: none"> <li>Move Like a Machine</li> <li>Quiet as a Mouse</li> </ul>		Fast Food
	Pete the Cat I Love My White Shoes	Describe ways to make fruit for a meal or snack. Relate good practices for food safety.	<ul style="list-style-type: none"> <li>Adding Up the Fruit</li> <li>Fight BAC!</li> </ul>	Demonstrate dance/rhythm skills while participating in an activity. Move safely through space.	<ul style="list-style-type: none"> <li>Dancing in My White Shoes</li> <li>Raining on the Orchard</li> </ul>		Prepare Food Safely
	Pete the Cat Rocking in My School Shoes	Identify healthy lunch alternatives that follow MyPlate guidance. Recognize beverages that are low and high sugar.	<ul style="list-style-type: none"> <li>It's All Good Lunchbox</li> <li>Rethink Your Drink</li> </ul>	Practice energy-out activities to match energy-in from food. Respect others in a physical activity.	<ul style="list-style-type: none"> <li>I Love My Running Shoes</li> <li>I'm Rocking</li> </ul>		How Much Should My Child Eat?
	Rah, Rah, Radishes!	Identify traits of vegetables that provide variety in the diet.	<ul style="list-style-type: none"> <li>Vegetable Rainbow</li> <li>What Am I Thinking of?</li> </ul>	Perform exercise that raises the heart rate. Develop balancing skills.	<ul style="list-style-type: none"> <li>Old MacDonald Spinach Style</li> <li>Bean Bag Balance</li> </ul>		Grow a Family Garden
	Splat the Cat	Identify foods by MyPlate groups. Describe the feelings of hungry and full.	<ul style="list-style-type: none"> <li>Feel Good Mask</li> <li>Splat's Lunch Tray</li> </ul>	Move safely in personal space. Demonstrate locomotor skills.	<ul style="list-style-type: none"> <li>Hide Like a Mouse</li> <li>Mousetrap</li> </ul>		Lunchtime
	Ten Little Rabbits	Identify foods that contribute to good health.	<ul style="list-style-type: none"> <li>Finding 10</li> <li>Colorful Blanket</li> </ul>	Perform balance and coordination exercises.	<ul style="list-style-type: none"> <li>Hopscotch</li> <li>Blanket Toss</li> </ul>	Cherry Stones Game—dice style game involving counting	Children & Sleep
	Why Should I Eat Well?	Recognize the milk, grains and protein food groups. Identify low fat and low sugar foods.	<ul style="list-style-type: none"> <li>Best or Worst</li> <li>Other Half of MyPlate</li> </ul>	Follow verbal instructions to do a variety of locomote activities. Work as a team to complete a timed task.	<ul style="list-style-type: none"> <li>Rachel Says</li> <li>Back to Back</li> </ul>		Go Lean with Protein



## iGrow Readers Activities and Objectives List

Age	Book	Nutrition Objective	Nutrition Activity	Physical Activity Objective	Physical Activity	Oceti Sakowin Description	Newsletter Title
<b>K-3</b>	(The) Animal Boogie	Identify how exercise helps one to stay healthy. Recognize healthy and not so healthy foods.	<ul style="list-style-type: none"> <li>Hoppety Hop to Good Health</li> <li>Still Life Painting</li> </ul>	Demonstrate twisting, stretching, and balancing.	<ul style="list-style-type: none"> <li>Animal Boogie Dance</li> <li>Kid's Yoga Journey</li> </ul>	Active Living for Families	
	Bread & Jam for Frances	Classify different breakfast foods into food groups. Discuss the importance of eating breakfast.	<ul style="list-style-type: none"> <li>Breakfast, Breakfast, Breakfast!</li> <li>Better Bread &amp; Jam</li> </ul>	Demonstrate motor skills that are increasingly complex.	<ul style="list-style-type: none"> <li>Energy Rush</li> </ul>	Why Breakfast?	
	Dream Wolf	Recognize the benefits of choosing healthy snack foods. Identify the traits of fruits.	<ul style="list-style-type: none"> <li>Fruit Bingo</li> <li>Snacks To Go</li> </ul>	Perform exercise that increases heart rate.	<ul style="list-style-type: none"> <li>Trail Walk</li> <li>Triangle Tag</li> </ul>	Family Meals	
	(The) First Strawberries: A Cherokee Story	Explain how fruits are helpful. Describe traditional ways Native Americans used fruit.	<ul style="list-style-type: none"> <li>Eat Your Colors</li> <li>Wojapi Fun!</li> </ul>	Exhibit locomotor skills while participating in the activity.	<ul style="list-style-type: none"> <li>Going on a Berry Hunt</li> <li>Chasing a Rainbow</li> </ul>	Rainbow of Fruits	
	I Will Never Not Ever Eat a Tomato	Explain how calories in should balance calories out. Recognize that foods come in different forms.	<ul style="list-style-type: none"> <li>The Name Game</li> <li>Which Tomato?</li> </ul>	Demonstrate a variety of locomotor skills.	<ul style="list-style-type: none"> <li>Couch Potatoes</li> <li>Never Eat a Tomato?</li> </ul>	The Choosy Eater and New Foods	
	Jingle Dancer	Illustrate relationship between family, friends, healthy food, and physical activity. Match foods into MyPlate categories.	<ul style="list-style-type: none"> <li>Medicine Wheel</li> <li>Indian Tacos &amp; MyPlate</li> </ul>	Perform dance moves as a physical activity.	<ul style="list-style-type: none"> <li>Make Noise &amp; Dance</li> <li>Rain, Rain, Go Away!</li> </ul>	Healthy Eating for Your Family	
	Oh, the Things You Can Do that are Good for You!	State difference between foods that are healthy and foods that are not healthy. Recognize basic lifestyle habits to follow to stay healthy.	<ul style="list-style-type: none"> <li>FIT Bingo</li> <li>Food Hero</li> </ul>	Identify ways to exercise to promote growth, endurance, flexibility, and strength.	<ul style="list-style-type: none"> <li>Relay Races!</li> <li>A Trip to the Feeling Great Clinic</li> </ul>	ABC's of Hand Washing	
	(The) Star People	Recognize the importance of water and its availability. Plan foods for a balanced MyPlate.	<ul style="list-style-type: none"> <li>Water, Water, Everywhere!</li> <li>Star Snacks</li> </ul>	Perform exercise that increases heart rate. Perform eye-hand coordination exercise.	<ul style="list-style-type: none"> <li>Star Hopping</li> <li>Shooting Star</li> </ul>	Water: an Essential for Good Health	
	YOKO	List healthy lunch choices. Recognize that different countries and cultures have different food choices.	<ul style="list-style-type: none"> <li>Culture Shock</li> <li>Brown Bag</li> </ul>	Demonstrate teamwork.	<ul style="list-style-type: none"> <li>Cat &amp; Mouse</li> </ul>	Safe Bag Lunches	



## iGrow Readers Activities and Objectives List

Age	Book	Nutrition Objective	Nutrition Activity	Physical Activity Objective	Physical Activity	Oceti Sakowin Description	Newsletter Title
<b>1st-3rd</b>	(The) Berenstain Bears and Too Much Junk Food	Recognize the negative effects of junk food. Determine what are considered healthy foods and what are considered not very healthy foods.	<ul style="list-style-type: none"> <li>• Snack Master or Snack Monster?</li> <li>• Sugar, Sugar, Sugar</li> <li>• The Ins and Outs of Shopping</li> </ul>	Perform endurance and strengthening activity, such as jogging and sit-ups	<ul style="list-style-type: none"> <li>• Too Much Junk Food</li> </ul>		Healthy Snacking
	Coyote Christmas	Recognize advertising claims that are used on food labels. Simulate recommended food portions.	<ul style="list-style-type: none"> <li>• Oh, My Tummy</li> <li>• Coyote Advertising</li> </ul>	Practice the concept of different levels in general space.	<ul style="list-style-type: none"> <li>• Spider, Coyote, and Raven</li> <li>• A Christmas Eve Tale</li> </ul>	The Tricksters—teaching values through trickster stories (Iktomi), applied to food advertising.	How Much Do You Eat?
	(The) Return of the Buffaloes	Describe ways to safely store protein food. Explain why some people have a lack of food.	<ul style="list-style-type: none"> <li>• Protein Power</li> <li>• Jazzy Jerky</li> </ul>	Demonstrate locomotor skills while participating in the activity.	<ul style="list-style-type: none"> <li>• Follow the Buffalo Leader</li> <li>• Hoop to Hoop</li> </ul>	Lakota Parfleche Design—uses for parfleche (rawhide containers) and racing to make traditional decorative designs	Protein Power
	(The) Vegetable Alphabet Book	Explain how a vegetable grows. Describe preparing a vegetable soup. Recognize a variety of names for vegetables.	<ul style="list-style-type: none"> <li>• Sprouts!</li> <li>• Vegetable Soup</li> </ul>	Perform large muscle movements fluidly.	<ul style="list-style-type: none"> <li>• Simon Says, "Eat Your Veggies"</li> <li>• Ribbon Alphabet</li> </ul>		Safe Handling of Fruits & Vegetables

