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- Physical Activity #1 – Trail Walk
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- 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"> Mix-A-Salad Game I'm Planting a Garden 	Practice ways that growing a garden can be good exercise. Stretch and balance your body in yoga poses.	<ul style="list-style-type: none"> I Grew a Carrot! Shape of Yoga 		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"> Peas, Carrots, Broccoli Louise's Vegetable Basket 	Demonstrate ability to make different poses with the body.	<ul style="list-style-type: none"> Vegetable Shifters Roll Like a Pea 		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"> Real vs. Imitation Juicy Jigglers 	Promote the importance of being physically active every day. Exhibit positive attitude towards physical activity.	<ul style="list-style-type: none"> Swing Your Partner 			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"> Let's Cook Together Recipe Scramble 	Practice bending and stretching with yoga poses. Participate in activity that raises the heart rate.	<ul style="list-style-type: none"> Animal Yoga Macarena 			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"> Edible Critters Counting Seeds 	Demonstrate movement skills. Work as a team.	<ul style="list-style-type: none"> Memory Game Pick the Fruit 			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"> Family Mealtime Seasons of the Sun 	Perform coordination and ball passing skills. Perform cooperation activity.	<ul style="list-style-type: none"> Pass It Around Hot Sun 		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"> Peaceful Easy Feeling All Star Activities 	Perform a balancing activity. Move safely through space.	<ul style="list-style-type: none"> Vocabulary Shuffle Hoop to Hoop 		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"> Milk Matters Me! 	Illustrate with activity how body changes as a child grows	<ul style="list-style-type: none"> I'm Growing Bean Bag Toss 			Milk for Growing Bones
	(The) Little Red Hen	Identify whole grains and where they come from.	<ul style="list-style-type: none"> Grains Galore! Rolling in Dough 	Participate as a team by working together	<ul style="list-style-type: none"> Teamwork Races Chicken House 			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"> Hungry Full Meter Grocery Store Checkout 	Perform dance movements. Participate in an activity that raises the heart rate.	<ul style="list-style-type: none"> Move It, Don't Lose it! We're Going to Eat Potatoes 			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"> Ways to Eat Broccoli Playdough Play 	Perform exercise that raises the heart rate. Practice locomotor movements.	<ul style="list-style-type: none"> Scarf Play – Over, Under, Around & Through Pizza Tag 		New Foods
	Mouse Mess	Identify sensory traits of food that affect food selection. Describe anytime and sometimes snacks.	<ul style="list-style-type: none"> It's Time to Eat Snack Concentration Game 	Perform balance activities. Participate in activity that raises the heart rate.	<ul style="list-style-type: none"> Move Like a Machine Quiet as a Mouse 		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"> Adding Up the Fruit Fight BAC! 	Demonstrate dance/rhythm skills while participating in an activity. Move safely through space.	<ul style="list-style-type: none"> Dancing in My White Shoes Raining on the Orchard 		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"> It's All Good Lunchbox Rethink Your Drink 	Practice energy-out activities to match energy-in from food. Respect others in a physical activity.	<ul style="list-style-type: none"> I Love My Running Shoes I'm Rocking 		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"> Vegetable Rainbow What Am I Thinking of? 	Perform exercise that raises the heart rate. Develop balancing skills.	<ul style="list-style-type: none"> Old MacDonald Spinach Style Bean Bag Balance 		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"> Feel Good Mask Splat's Lunch Tray 	Move safely in personal space. Demonstrate locomotor skills.	<ul style="list-style-type: none"> Hide Like a Mouse Mousetrap 		Lunchtime
	Ten Little Rabbits	Identify foods that contribute to good health.	<ul style="list-style-type: none"> Finding 10 Colorful Blanket 	Perform balance and coordination exercises.	<ul style="list-style-type: none"> Hopscotch Blanket Toss 	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"> Best or Worst Other Half of MyPlate 	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"> Rachel Says Back to Back 		Go Lean with Protein



iGrow Readers Activities and Objectives List

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K-3	(The) Animal Boogie	Identify how exercise helps one to stay healthy. Recognize healthy and not so healthy foods.	<ul style="list-style-type: none"> Hoppety Hop to Good Health Still Life Painting 	Demonstrate twisting, stretching, and balancing.	<ul style="list-style-type: none"> Animal Boogie Dance Kid's Yoga Journey 	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"> Breakfast, Breakfast, Breakfast! Better Bread & Jam 	Demonstrate motor skills that are increasingly complex.	<ul style="list-style-type: none"> Energy Rush 	Why Breakfast?	
	Dream Wolf	Recognize the benefits of choosing healthy snack foods. Identify the traits of fruits.	<ul style="list-style-type: none"> Fruit Bingo Snacks To Go 	Perform exercise that increases heart rate.	<ul style="list-style-type: none"> Trail Walk Triangle Tag 	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"> Eat Your Colors Wojapi Fun! 	Exhibit locomotor skills while participating in the activity.	<ul style="list-style-type: none"> Going on a Berry Hunt Chasing a Rainbow 	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"> The Name Game Which Tomato? 	Demonstrate a variety of locomotor skills.	<ul style="list-style-type: none"> Couch Potatoes Never Eat a Tomato? 	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"> Medicine Wheel Indian Tacos & MyPlate 	Perform dance moves as a physical activity.	<ul style="list-style-type: none"> Make Noise & Dance Rain, Rain, Go Away! 	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"> FIT Bingo Food Hero 	Identify ways to exercise to promote growth, endurance, flexibility, and strength.	<ul style="list-style-type: none"> Relay Races! A Trip to the Feeling Great Clinic 	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"> Water, Water, Everywhere! Star Snacks 	Perform exercise that increases heart rate. Perform eye-hand coordination exercise.	<ul style="list-style-type: none"> Star Hopping Shooting Star 	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"> Culture Shock Brown Bag 	Demonstrate teamwork.	<ul style="list-style-type: none"> Cat & Mouse 	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
1st-3rd	(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"> • Snack Master or Snack Monster? • Sugar, Sugar, Sugar • The Ins and Outs of Shopping 	Perform endurance and strengthening activity, such as jogging and sit-ups	<ul style="list-style-type: none"> • Too Much Junk Food 		Healthy Snacking
	Coyote Christmas	Recognize advertising claims that are used on food labels. Simulate recommended food portions.	<ul style="list-style-type: none"> • Oh, My Tummy • Coyote Advertising 	Practice the concept of different levels in general space.	<ul style="list-style-type: none"> • Spider, Coyote, and Raven • A Christmas Eve Tale 	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"> • Protein Power • Jazzy Jerky 	Demonstrate locomotor skills while participating in the activity.	<ul style="list-style-type: none"> • Follow the Buffalo Leader • Hoop to Hoop 	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"> • Sprouts! • Vegetable Soup 	Perform large muscle movements fluidly.	<ul style="list-style-type: none"> • Simon Says, "Eat Your Veggies" • Ribbon Alphabet 		Safe Handling of Fruits & Vegetables

