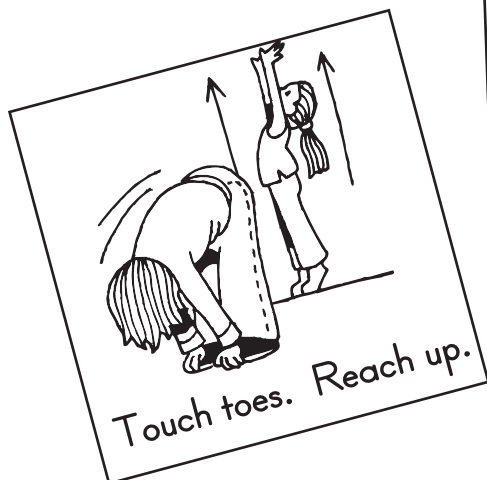


Exercise of the Day

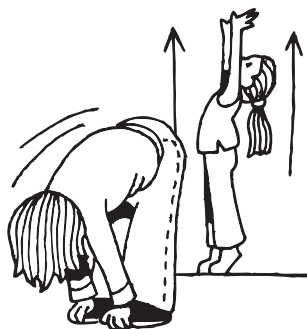


Here are some tips to get your daily indoor exercise program started.

1. Each day ask a student to choose a simple exercise movement from the list for the class to perform. Use the cards on pages 12 and 13.
2. Demonstrate the exercises as needed. When the movement involves stretching suggest slow and steady movements.
3. Ask questions that pertain to the movements.
 - How long can you make your arms or legs when you reach?
 - How fast can you run in place?
 - Can you run in slow motion?
 - When you pretend to climb a tree, do your hands and feet move together or do they alternate?
4. Set a timer or watch the clock and do the activity for one minute.
5. Have students add a tally mark for the chosen exercise to their “My Exercise Log” (page 85) in their journals each day after they have completed the action.
6. Repeat the same action throughout the day to signal transitions or simply to give students an opportunity to stretch and refocus their energies. Allow students to add additional tally marks each time in the day that they repeat the action.



"Exercise of the Day" Cards



Touch toes. Reach up.



Wiggle.



Hop on one foot.



Run in place.



Do jumping jacks.



Make large arm circles.



March in place.



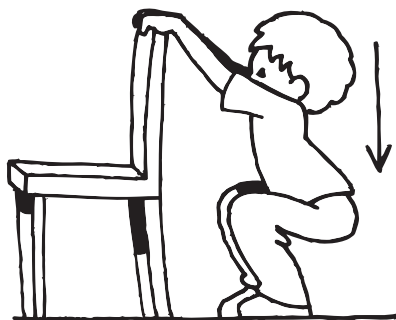
Pretend to climb a mountain.



Do squats.



Do desk pushups.



Do chair squats.



Pretend to jump rope.

"Exercise of the Day" Cards (cont.)



Bicycle in chair.



Dance.



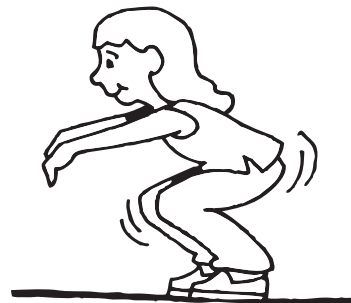
Do small arm circles.



Do leg raises.



Sway.



Bend and squat.



Neck rolls.



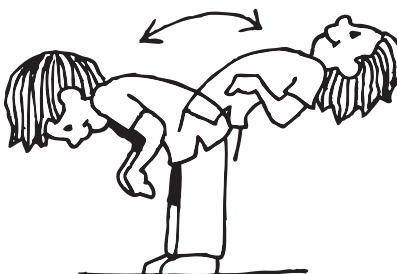
Shoulder scrunches.



Do tiptoe stretches.



Lean left, then right.



Lean forward, then back.



Pretend to hula hoop.

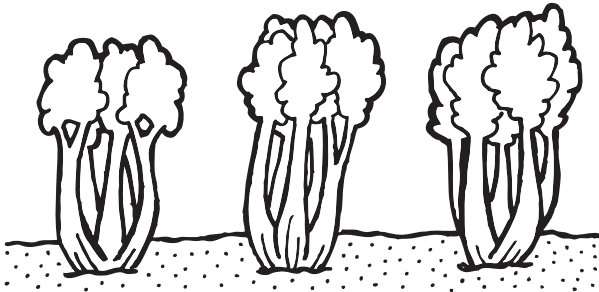


Vegetables

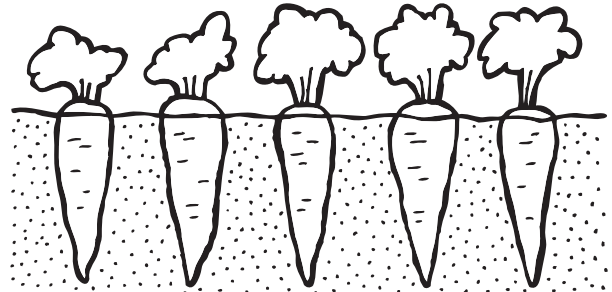
A **vegetable** is a plant we grow to eat as food. It is important to eat a lot of vegetables. We eat different parts of vegetable plants. We eat the *leaves*, *stems*, *roots*, *flowers*, or *seeds* of different vegetables.

1. Read each sentence. Color the plants.
2. Circle the part of each vegetable plant that we eat.

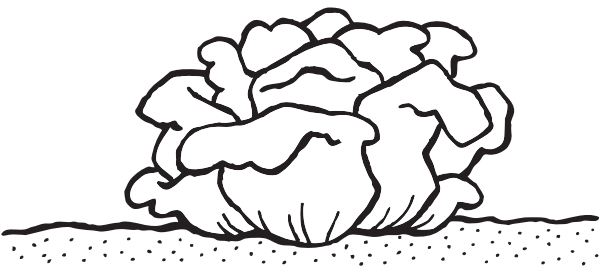
1. We eat the **stem** of the celery plant.



2. We eat the **roots** of the carrot plant.



3. We eat the **leaves** of the lettuce plant.



4. We eat the **seed** of the sunflower.



5. We eat the **flowers** and **stem** of the broccoli plant.





Green Vegetables

There are many kinds of green vegetables. They are very important foods to eat. They have vitamins and minerals that help us stay strong and healthy. We should eat green vegetables every day.

Word Box

asparagus

Brussels sprouts

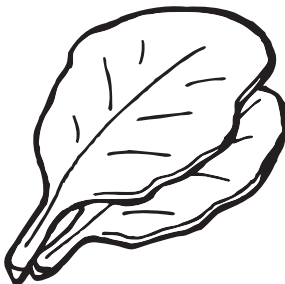
kale

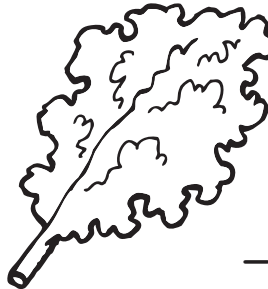
broccoli

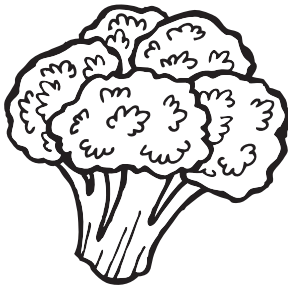
peas

spinach

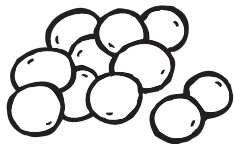
1. Write the name of each green vegetable on the line.









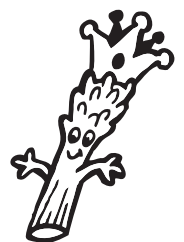




2. Circle all the vegetables whose leaves we eat.

3. Put boxes around the vegetables you have not tried yet.

Fun Fact: People in Egypt called asparagus the king of vegetables.



My Exercise Log

Directions: Place a *tally mark* in the box each time you do the exercise.

1. Touch toes.	2. Wiggle.	3. Hop on one foot.
4. Run in place.	5. Jumping jacks.	6. Do arm circles.
7. March in place.	8. Climb a mountain.	9. Do squats.
10. Do desk pushups.	11. Do chair squats.	12. Jump rope.
13. Bicycle.	14. Dance.	15. Do small arm circles.
16. Do leg raises.	17. Sway.	18. Bend and squat.
19. Do neck rolls.	20. Do shoulder scrunches.	21. Do tiptoe stretches.
22. Lean sideways.	23. Lean forward and back.	24. Hula hoop.



Answer Key

pages 14–15 (Fruits Checklist 1 & 2)

Answers will vary.

page 16 (What Is a Fruit?)

Answers will vary.

page 17 (Fruits That Grow on Trees)

Apple 12 seeds

Orange 16 seeds

Pear 14 seeds

Check tracing.

page 18 (Fruits That Grow on Vines)

1 & 2. Check tracing and coloring.

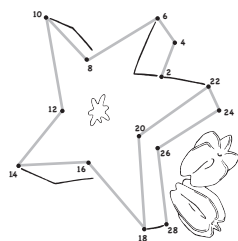
3. pumpkin

page 19 (Citrus Fruits)

1 & 2. Check tracing and coloring.

4. Vitamin C

page 20 (A Rising Star)



page 21 (Favorite Fruits)

1. bananas, apples
2. 1
3. 2
4. Answers will vary.

page 22 (Which Juice Is Our Favorite?)

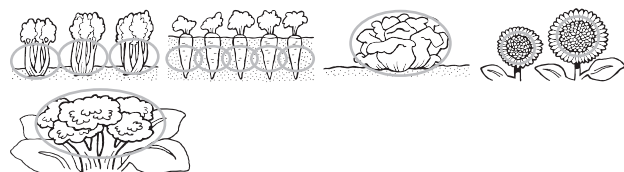
1. Check student tally marks for understanding.
- 2–4. Answers will vary.

pages 23–24 (Vegetables Checklist 1 & 2)

Answers will vary.

page 25 (Vegetables)

1–5. Check student markings (circles) for understanding.



page 26 (Our Favorite Vegetables)

1. corn
2. peas
3. carrots
4. Answers will vary.

page 27 (Green Vegetables)

1. spinach
broccoli
peas
2. We eat the leaves of kale and spinach.
3. Answers will vary.
- kale
Brussels sprouts
asparagus

page 28 (Hidden Green Beans)

2. 10 green beans; check coloring

page 29 (Peppers)

Each pepper should be colored according to the code.

page 30 (Colorful Vegetables)

Possible answers:

red: beets, cabbage, lettuce, pepper, tomato

orange: carrots, pepper, sweet potato

yellow: corn, pepper

green: asparagus, broccoli, cabbage, celery, green beans, green pepper, kale, lettuce, peas, spinach

blue: none

purple: eggplant

white: cauliflower, corn, potato

1. blue; purple
2. green

page 31 (Whole Grains Checklist)

Answers will vary.

page 32 (Whole Grains)

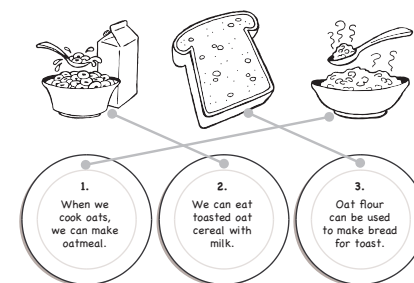
Label suggestions:

1. grain growing in field
2. grain harvested or cut with combine
3. grain stored in silos
4. grain ground into flour

page 33 (Whole Wheat Tic-Tac-Toe)

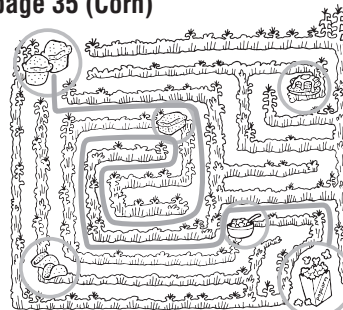
All the pictures should be colored except the egg, the smoothie, and the baked potato.

page 34 (Oats)



4. Answers will vary.

page 35 (Corn)



6—muffins, corn bread, cereal, pancakes, tortillas, and popcorn