

# K-2

## NUTRITION!

Healthy eating habits are an important part of staying healthy. Remember to make healthy choices and have some fun with food this week!

## LITERACY



### Writing Prompts

- Make a list of healthy foods in your house.
- Choose a food group and list as many foods as you can that would fit in that group!
  - Fruits/Veggies
  - Grains
  - Dairy
  - Meat and Alternatives
- Write the recipe for your favorite snack
- Make a list of fruits and/or vegetables that are red, green, yellow, and orange
- Help write the grocery list for your family
- Write a Food Riddle

### Word Work

Choose a word family from the list below and write as many words as you can that belong in that family! ☺

\_at      \_\_\_or      \_ick

## NUMERACY

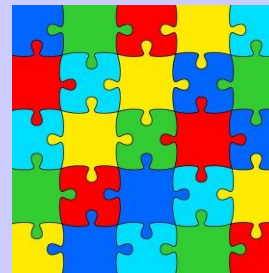
### \*Partner Numbers



Jack Hartmann Video – [Partner Numbers to 10](#)  
Using the partners' numbers to 10, you can do the following games using decks of cards

- Flip the top card over and say the partner that would go with it to make 10 (ie – If you flip a 7, your child would say 3)
- Making 10 Go Fish – Like regular Go Fish except the pairs you make are partner numbers to 10 (ie - If you have a 6, you would ask you partner “Do you have a 4?”)

\*Play a board game or build a puzzle with your family!



## RIDDLES

Draw a picture of what you think the answer could be. Write a few sentences explaining why you think that!

(I think it is \_\_\_\_\_ because \_\_\_\_\_)

I come in different colors, like green or purple.  
Before I become raisins, I was a bunch of these.  
Who am I ?

Week 5

May 4 - 8

- ✓ Try to **read** with a family member for at least **30 minutes each day!**
- ✓ Spend **30 minutes** of your day being **physically active!**

### \*Calendar

You can either use a calendar you have in the house (ask permission first!), print out a blank calendar or create your own. Each day, record the weather using pictures or words. Do this every day for the whole month of May as we will have an activity to do with your information gathered! ☺

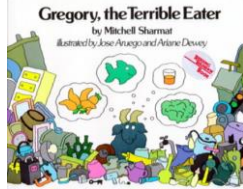


## MUSIC

1. [Fruit and Veggie Hokey Pokey](#)
2. [The Healthy Eating Song](#)
3. [What is It? Learn About vegetables Song and Game](#)

# Literacy Read Aloud!

## The Very Hungry Caterpillar



## Gregory, the Terrible Eater

3 to 3

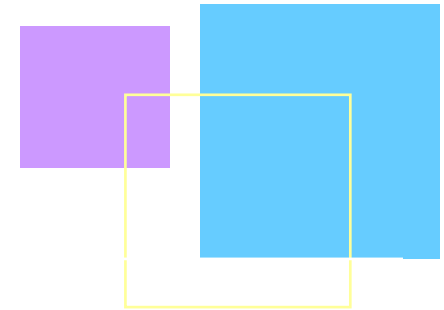
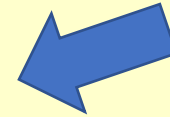
Click on the link for your grade to listen to an oral story, rhyme and/or Read Aloud with Mrs. Little or Mrs. Raymer! Encourage your child to share other rhymes or oral stories that they are familiar with!

Kindergarten [Rhymes, Riddles and Oral Story](#)

Grade 1 [Rhymes, Riddles and Oral Story](#)

Grade 2 [Rhymes, Riddles and Oral Story](#)

Read Aloud: [Blizzard's Robe](#)



## You & Your World / Art

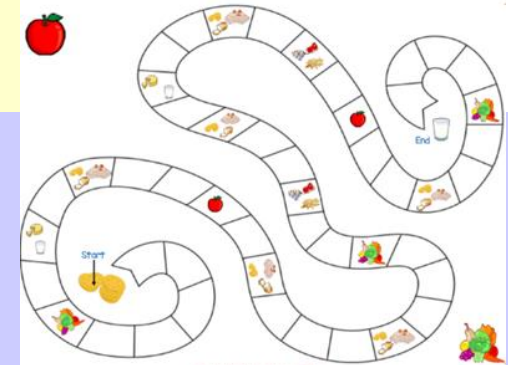
Create a placemat/poster showing the 4 food groups in a collage. You can cut pictures out from grocery flyers or draw



## CHALLENGES!

**Game Board** - Can you make your own board game about healthy eating? You could use the back of a cereal box, construction paper or regular paper and be creative! Some of the squares could be:

- Name your favourite healthy snack
- Name an orange vegetable
- Name one item you would find in the dairy section of the food guide
- What grain did you eat yesterday?



## Outdoor Activity

Try having a picnic lunch with your family and enjoy the outdoors! 😊



## Get Cooking with your family



- Choose a favourite healthy recipe and cook with a family member! Send the recipe to your teacher or post a picture of the finished product to the BCS Facebook page 😊

