

Website Resources (from Color the Day with Fruits and Vegetables)

Team Nutrition – Lesson Plan Resources

- Discover MyPlate: Nutrition Education for Kindergarten
 - <http://www.fns.usda.gov/tn/discover-myplate>
- Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate
 - <http://www.fns.usda.gov/tn/grow-it-try-it-it>

NFSMI Lesson Plan Resources

- More Than Mud Pies – Sixth Edition
 - <http://www.nfsmi.org/ResourceOverview.aspx?ID=247>
- CARE Connection: Learning Connection
 - <http://www.nfsmi.org/ResourceOverview.aspx?ID=356>

Food and Nutrition Information Center

Fruit and Vegetable Book:

- The Very Hungry Caterpillar
- The ABC's of Fruits and Vegetables and Beyond
- Carrot Soup
- Do Carrots Make You See Better?
- The Carrot Seed
- Ten Red Apples

Craft Idea Resources

- Florida Health Department, A Dozen Ways to Be Healthy Preschool Lesson Plans
 - Lesson 9: It's Fun to Eat Fruits and Vegetables
 - Lesson 5: A is for Apple
 - <http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/preschool-lesson-plans.html>
- NFSMI CARE Connection: Craft Connection
 - A Rainbow of Flavors
 - <http://www.nfsmi.org/ResourceOverview.aspx?ID=355>

Physical Activity Resources

- Iowa Department of Education
 - Healthy Snacks and Physical Activities for Early Childhood Programs
 - <https://www.educateiowa.gov/documents/nutrition-learning-tools/2013/04/healthy-snacks-and-physical-activities-or-early-childhood>
 - Stories in Motion: A Visit to the Vegetable Patch
 - <https://www.educateiowa.gov/documents/stories-motion/2013/04/visit-vegetable-patch>
 - Stories in Motion: Working in the Garden
 - <https://www.educateiowa.gov/documents/stories-motion/2013/04/working-garden>
- Healthy Habits for Life: Sesame Street Healthy Habits for Life – Preschool
 - <http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hfhl>
 - Part 1 Get Moving
- NFSMI CARE Connection: Music, Movement and Play Connection
 - <http://www.nfsmi.org/ResourceOverview.aspx?ID=357>

Cooking Activity Resources

- NFSMI Care Connection: Cooking Connection
 - Banana Pops
 - It's Potato Time
 - Vegetables and Wraps
 - <http://www.nfsmi.org/ResourceOverview.aspx?ID=354>

Parent Newsletters & Other Resources

- Discover MyPlate: Parent Handouts
 - <http://www.fns.usda.gov/tn/discover-myplate-parent-handouts>
- Team Nutrition: Nibbles for Health: Nutrition Newsletters for Parents of Young Children
 - <http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children>
- NFSMI: Healthy Family Newsletters
 - <http://www.nfsmi.org/ResourceOverview.aspx?ID=344>