

Get Active – Have Fun in April !

Elementary Tickler

Check out MyPyramid Math Lesson: Lesson Time: 40 minutes

Students will add and subtract fractions as they calculate how much of various food groups they need to meet the MyPyramid for Kids recommendations.

http://www.fns.usda.gov/tn/Resources/mpk2_lesson2.pdf

Recipe: Quick and Easy Bean Dips: You serve with tortilla chips, pita wedges, or fresh vegetables.

<http://healthyrecipes.oregonstate.edu/sites/default/files/pdf/QuickandEasyBeanDipsnew.pdf>

Documenting Nutrition Lesson on Your Calendar: Example: Add in your shopping,(30min) prep(30min) and lesson time (40) to document on your calendar.

Physical Activity: Go to page 57 of the MNTT Binder and you will find some quick and easy elementary math activities to incorporate into your math lesson: **Example:** Learn percentages by looking at a nutrition facts label and calculating the percent of fat, sugar, sodium etc.