

Grazin' with Marty Moose



Grade 2 Overview

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WEEK 1 - Grazin' MyPlate with Marty

- Identify food groups on MyPlate
- Drink plenty of water
- Understand the importance of eating a variety of foods
- Demonstrate proper hand washing
- Snack; Fishing with Marty

WEEK 2 - Grazin' on Grains

- Identify foods in MyPlate grain group
- Identify grain foods as the best source of energy
- Compare sensory differences between whole and other grain foods
- Understand that fiber and water help keep our intestines clean and healthy
- Snack; Goofy Grains Sandwich

WEEK 3 - Eating a Rainbow

- Value a variety of fruits and vegetables in the diet
- Strive to eat 4 cups of fruit and vegetables each day
- Experience a new food
- Snack; Sense-able Celebration of Vegetables

WEEK 4 - Where's Your Moosetache?

- Identify foods in the Dairy Group
- Demonstrate safe handling of foods needing refrigeration
- Understand it takes a lifetime of eating calcium-rich foods to have strong and healthy bones
- Snack; Blue Moosetache Smoothie

WEEK 5 - Protein Power

- Identify a variety of plant and animal foods in the Protein Group
- Understand that both protein and physical activity are important for strong, growing bodies
- Recognize that removing fat from meat results in a healthier choice
- Snack; Mighty Moose Bean Dip



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