

**Nutrition Kits Matrix
For Families or Groups**

Lessons	Reading Adventures	Activities	Project	Objectives/Life Skills
Nutrition Box #1	Where the Wild Things Are, by "Maurice Sendak"	A Walk Through the Wood Stomping Around Munchable Monster Toast	Reading & Discussion Move About & Discuss Move About & Discuss Make Toast	Movement Development Food Group - Grains
Nutrition Box #2	Geogry the Terrible Eater by "Mitchell Sharmat"	Musical Fruit Kick the Can Dippity Do	Reading & Discussion Move About & Discuss Move About & Discuss	Movement Development Food Group - Vegetable
Nutrition Box #3	My Tooth is About to Fall Out by "Grace Maccarone"	Flossing & Brushing Apple Smiles	Reading & Discussion	Tooth care Food Group - Fruit
Nutrition Box #4	10 for Dinner by "Jo Bogart" It Looked Like Spilt Milk by "Charles G. Shaw"	Cloud Watching Scarf Clouds Mighty Milk	Reading & Discussion Move About & Discuss Move About & Discuss	Movement Development Food Group - Milk, Fruit
Nutrition Box #5	Clifford the Big Red Dog, by "Norman Bridwell"	Do your ears hang low? A dog for a day Dog Bones	Reading & Discussion Singing & Movement Move About & Discuss Human Dog Bones	Movement Development Food Group - Meats
Nutrition Box #6	Rosie's Walk, by "Pat Hutchins"	Time Movement Musical Walking Chicken Feed	Reading & Discussion Move About & Discuss Move About & Discuss Making Trail Mix	Movement Development Food Group - Multiple
Nutrition Box #7	We love Dirt by "Tony Johnston" The Carrot Seed by "Ruth Krauss"	The Carrot Seed Activities Mud	Reading & Discussion Move About & Discuss	Movement Development Food Group - Milk

Nutrition Box #8	Pumpkin Pumpkin, by "Jeanne Titherington"	Growing Pumpkins Pumpkin walk Pumpkin Pudding	Reading & Discussion Action & Discussion Action & Discussion Making Pudding	Movement Development Food Group - Milk/Vegetable
Nutrition Box #9	The Very Hungry Caterpillar by "Eric Carle"	Magic Fruit Pudding Butterfly Bites	Reading & Interaction	Fruit/Dairy Group Food Group - Multiple
Nutrition Box #10	Buddy Bear's Handwashing Troubles by "Marjorie T. Cooke"	Proper Handwashing Glo-Germ	Reading & Discussion Handwashing Activity Handwashing Activity	Proper Hygiene
Nutrition Box #11	Farm Alphabet by: "Jane Miller"	Animal Action Rain Talk Alphabet South	Reading & Discussion Action & Discussion Action & Discussion	Movement Development Food Group - Multiple
Nutrition Box #12	Giggle, Giggle, Quack by "Doreen Cronin"	My Plate Puzzle Snack Pizza	Reading & Discussion Action & Discussion	Food Group - Multiple
Nutrition Box #13	Feast For 10 by "Cathryn Falwell"	Fill the Grocery Cart Follow the Leader Bean Dip	Reading & Discussion Action & Discussion Action & Discussion Making yummy Dip	Movement Development Decision Making
Nutrition Box #14	More Spaghetti I Say by Rita Golden Gelman	Spaghetti arms Forking the spaghetti Follow the spaghetti One Pan Spaghetti	Reading & Discussion Action & Discussion Action & Discussion Action & Discussion	Movement Development Decision Making Food Group - Multiple
Nutrition Box #15	Clifford's Manners by Norman Bridwell	The Handprint of Good Manners Peanut Butter Granola	Reading & Discussion Activity & Discussion	Craft Food Groups - Multiple

Nutrition Box #16	If you Give a Pig a Pancake, by "Laura Numeroff"	Song - Flip our Pancakes Breakfast Ideas Special Day Recipe	Reading & Discuss Move About & Discuss Discussion Make Letter Pancakes	Movement Development Food Group - Grains
Nutrition Box #17	We Eat Dinner in the Bathtub by "Angela Shelf Medearis"	Breakfast Ideas French Toast	Reading & Discussion Discussion	Food Group - Multiple
Nutrition Box #18	Noisy Breakfast by "Ellen Bender" Eat Your Peas, Louise by "Pegeen Snow"	Picture Frame Eggs	Reading & Discuss Reading & Discuss	Food Group - Multiple
Nutrition Box #19	If YouTake a Mouse to School by "Laura Numeroff"	Activities Breakfast Ideas Scrambled Eggs & Potatoes	Reading & Discuss Activity & Discuss Discussion	Food Group - Multiple
Nutrition Box #20	I Will Never Not Ever Eat a Tomato by "Lauren Child"	Activities Breakfast Ideas Breakfast Burritos	Reading & Discuss Activity & Discuss Discussion	Food Group - Multiple