

BRIGHTER BITES YUM LESSON SCHEDULE

Goal: Every grade-level teacher will need to facilitate **8 YUM Lessons** during the school year.

The P.E. teacher will need to conduct **8 YUM Activities** during the school year.

All lessons and activities must be logged via our tracking link (track.brighterbites.org).

Time will be set aside on select Wellness Wednesdays for teachers to implement and log all **YUM Lessons and P.E. Activities by each respective due date.**

	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
PRE-K	A Date with MyPlate	The Good on Grains	Fun with Fruits and Vegetables	Delicious Dairy	The Power of Protein Foods	Create Your Plate	Hand Washing	Water and the Body
KINDER	A Date with MyPlate	The Good on Grains	Fun with Fruits and Vegetables	Delicious Dairy	The Power of Protein Foods	Create Your Plate	Hand Washing	Water and the Body
1st GRADE	A Date with MyPlate	The Good on Grains	Fun with Fruits and Vegetables	Delicious Dairy	The Power of Protein Foods	Create Your Plate	Food Safety Basic - "Clean"	Strategies to Drink Water More Often
2nd GRADE	A Date with MyPlate	The Good on Grains	Fun with Fruits and Vegetables	Delicious Dairy	The Power of Protein Foods	Create Your Plate	Keep 'em Separated	Fruit Juice
3rd GRADE	A Date with MyPlate	The Good on Grains	Fun with Fruits and Vegetables	Delicious Dairy	The Power of Protein Foods	Create Your Plate	Food Safety Basic - "Chill"	Sugary Beverages
4th GRADE	Go, Slow, Whoa	Start Your Day with Breakfast	Have a Healthy Snack Attack!	Sugar Shocker!	Experimenting with Exercise	Create Your Plate	Food Safety	Milk and Milk-Like Beverages
5th GRADE	Food Safety	Breakfast on the Go	Make It a Goal to Eat More Fruits and Vegetables!	You Can't Fool Me	Better Choices when Eating Out	Advocating for Healthy Food at Home	Self-Esteem Stars	The Buzz About Energy Drinks
P.E.	1st P.E. Activity	2nd P.E. Activity	3rd P.E. Activity	4th P.E. Activity	5th P.E. Activity	6th P.E. Activity	7th P.E. Activity	8th P.E. Activity

The Brighter Bites Program Coordinator working with your campus will send regular progress reports of all lessons and activities logged. Reports will be shared with your school's administration to assist you in successful implementation of all lessons and activities.

Please remember to log your lessons and activities at track.brighterbites.org in order to receive credit.