



BRIGHTER BITES CATCH LESSON SCHEDULE

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

The P.E. teacher(s) will need to conduct **8 CATCH P.E. 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 due dates for teachers to implement and log all CATCH Lessons and CATCH P.E. Activities.

	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
DUE DATES	20-Sep	18-Oct	15-Nov	13-Dec	17-Jan	21-Feb	20-Mar	17-Apr
PRE-K	Gus Goodfood Helps a Friend	All Aboard the Veggie Train!	Singing About Milk, Yogurt, and Cheese	Let's Eat Some GO Foods	Singing About Fruits	Rabbit, Turtle, and GO Snacks	GO Drinks	Let's Eat a GO Snack
KINDER	Ready, Set, GO! A Journey to Health	CATCH MVP Healthy Habits	Gobble, Gobble GO!	Eat the Rainbow	Water = GO! Sugar = WHOA!	Exercise & Energy Balance	Beware of Portion Size!	Food Sensitivity
1st GRADE	Ready, Set, GO! A Journey to Health	CATCH MVP Healthy Habits	Gobble, Gobble GO!	Eat the Rainbow	Water = GO! Sugar = WHOA!	Exercise & Energy Balance	Beware of Portion Size!	Food Sensitivity
2nd GRADE	Ready, Set, GO! A Journey to Health	CATCH MVP Healthy Habits	Gobble, Gobble GO!	Eat the Rainbow	Water = GO! Sugar = WHOA!	Exercise & Energy Balance	Beware of Portion Size!	Food Sensitivity
3rd GRADE	Why I'm a CATCH MVP	Nutrients Get Us GO-ing!	Physical Activity Means GO!	The "Whole" Truth About Foods	Take Out the Sugar & Caffeine	Knowing What You Eat	Disease and Allergy Awareness	Goal Setting for a Lifetime of Health
4th GRADE	Why I'm a CATCH MVP	Nutrients Get Us GO-ing!	Physical Activity Means GO!	The "Whole" Truth About Foods	Take Out the Sugar & Caffeine	Knowing What You Eat	Disease and Allergy Awareness	Goal Setting for a Lifetime of Health
5th GRADE	Why I'm a CATCH MVP	Nutrients Get Us GO-ing!	Physical Activity Means GO!	The "Whole" Truth About Foods	Take Out the Sugar & Caffeine	Knowing What You Eat	Disease and Allergy Awareness	Goal Setting for a Lifetime of Health
6th GRADE	Why I'm a CATCH MVP!	Understanding Health, Inside & Out	Energy In - Energy Out	Whole vs. Processed	Label Anatomy	Chronic Conditions	Media Influences	My Health Plan
7th GRADE	Why I'm a CATCH MVP!	Understanding Health, Inside & Out	Energy In - Energy Out	Whole vs. Processed	Label Anatomy	Chronic Conditions	Media Influences	My Health Plan
8th GRADE	Why I'm a CATCH MVP!	Understanding Health, Inside & Out	Energy In - Energy Out	Whole vs. Processed	Label Anatomy	Chronic Conditions	Media Influences	My Health Plan
P.E.	1st CATCH P.E. Activity	2nd CATCH P.E. Activity	3rd CATCH P.E. Activity	4th CATCH P.E. Activity	5th CATCH P.E. Activity	6th CATCH P.E. Activity	7th CATCH P.E. Activity	8th CATCH P.E. Activity
	PreK	PreK	PreK	PreK	PreK	PreK	PreK	PreK
	K-2nd	K-2nd	K-2nd	K-2nd	K-2nd	K-2nd	K-2nd	K-2nd
	3rd-5th	3rd-5th	3rd-5th	3rd-5th	3rd-5th	3rd-5th	3rd-5th	3rd-5th
	6th-8th	6th-8th	6th-8th	6th-8th	6th-8th	6th-8th	6th-8th	6th-8th

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.

Thank you for helping your students build healthy habits for life!