

# Healthy Choices –Weekly Planning Tool



Week of \_\_\_\_\_

**NUTRITION EDUCATION**

Monthly Theme: \_\_\_\_\_ Word of the Week: \_\_\_\_\_

Nutrition lesson (15 min) to be conducted on one day\*

Day: \_\_\_\_\_ Nutrition Lesson: \_\_\_\_\_

Materials Needed: \_\_\_\_\_

\*In the physical activity section below, list one nutrition game to be played on the day you conduct the lesson

PHYSICAL ACTIVITY		Activity Categories:		Ball & Sport Games (B&S)	Fitness Stations (FIT)	Holiday Games (HOL)	K-2 Movement Exploration (K-2)	
				Nutrition Games (NUT)	Rhythm & Dance (R&D)	Running & Tag Games (R&T)	Team Building Activities (TB)	
		Activity Category	Activity #	Activity Name	Equipment Needed	Other Notes	Reflection	
<b>Monday</b>	1							
	2							
	3							
<b>Tuesday</b>	1							
	2							
	3							
<b>Wednesday</b>	1							
	2							
	3							
<b>Thursday</b>	1							
	2							
	3							
<b>Friday</b>	1							
	2							
	3							