



Weekly Lesson Plan



Theme: Eating the Alphabet

Week of:

Purpose: Children are provided varied opportunities and materials to help them learn about nutrition

Daycare Provider:

Concept: Fruits and vegetables are fun to eat!

This Week's:

Fruit - or - Vegetable:
Apricot



Recipe: Surprise Muffins



Number: 1

Letter: A

Art

Large Motor
LANA'S Luncetime Game

Music & Movement

	Monday	Tuesday	Wednesday	Thursday	Friday
Group Time:				Introduce LANA the Iguana puppet who eats fruits and vegetables.	
Special Activities:				-Create a special spot for LANA -Taste Testing: Apricot Cooking Activity: Surprise Muffins	