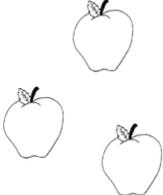
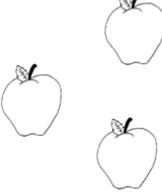
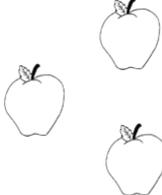
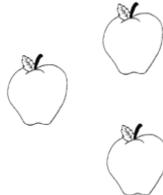
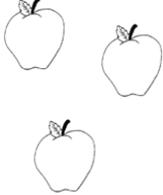
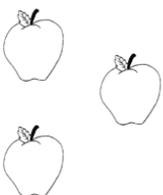
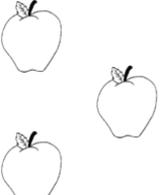
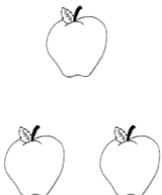
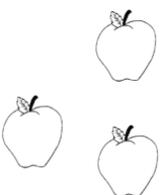
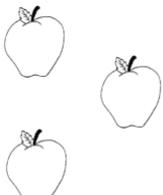
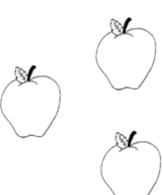
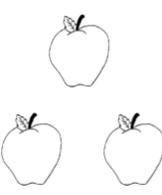
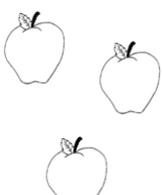
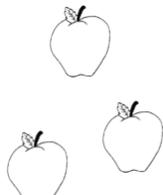
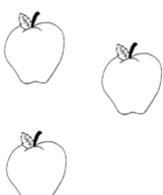
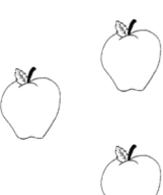
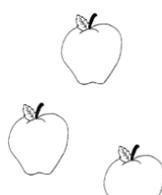
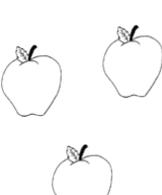
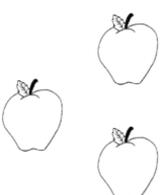
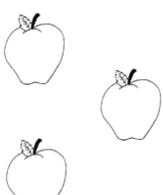
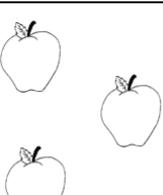
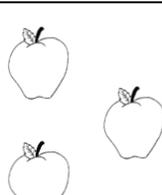
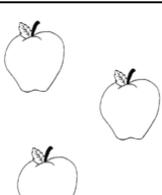
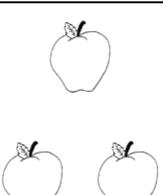
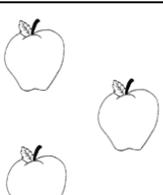




Nutrition:

How many fruits and vegetables do you eat each day?

Circle one apple for each fruit or vegetable you eat each day, under the correct color.

Fruits & Vegetables 	Blue/Purple Purple Grapes Blackberries Blueberries Eggplant Raisins Plums	Green Green Grapes Bell Pepper Cucumber Broccoli Lettuce Celery	White Cauliflower Mushrooms Potatoes Banana Onion Brown Pears	Yellow/Orange Cantaloupe Nectarines Pineapple Oranges Peaches Corn	Red Strawberries Watermelon Red Apples Tomatoes Cherries Radishes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					



Physical Activity: How much are you moving?



California Dreamin'

Teacher leads the class on a virtual tour of California. Students move according to the actions listed below.

- March across the Golden Gate Bridge
- Ski the Sierra Nevadas
- Climb a Redwood Tree
- Pretend you are an actor and wave to all your fans
- Flex your muscles like Arnold Schwarzenegger, the Governor
- Stomp the grapes
- Pick oranges
- Skate on the boardwalk
- Surf in the Pacific Ocean
- Climb Mount Shasta
- Crawl through the Death Valley Desert
- Hit a homerun at Pac-Bell Park
- Shoot a foul shot at the Staples Center



Virtual Trek across California

Utilizing a map of California, track student or class progress along the 3,427 miles of California shoreline. Students accrue miles based on time spent walking, running or any physical activity done during class time, recess or lunch. 15 minutes of activity equals 1 mile. Pedometers are great for this activity: 2,000 steps= 1 mile. This is designed to easily increase your class time spent in physical activity. This is not a competition, it is a journey.

Math

- Create graphs and charts to track student and class progress.
- Have students calculate how many miles they must travel per day, week or month to make it to San Francisco or Imperial Beach in various time parameters.
- Have students estimate the number of times an average runner's foot would strike the ground for 3,427 miles. They should take into consideration an average stride length of three feet, noting that there are 5,280 feet in one mile.



Geography/ Language Arts

- Students research and report about various cities or parks along the way.
- Plot the elevation changes along the route.