Academia San Agustín y Espíritu Santo

de Sabana Grande



Mrs. Martinez Weekly Agenda Subject to changes

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| ***English*** | **Date** | **Class Assignment** | https://tse3.mm.bing.net/th?id=OIP.O_w0OGbM2jILSPIt-tJtYQHaBe&pid=Api&P=0&w=506&h=101 |
| ***W******E******E******K******#38*** | MondayApril 20, 2020 |  Activity #1 **No Breakfast?*** Students are to learn that eating breakfast can help you avoid feeling tired, sleepy, sad, angry etc.

 see below p. 3-8 | Below this agenda you will find p. the instructions for each daily activity. You DO NOT have to print out this sheet. See below p.2/8 |
| TuesdayApril 21, 2020 | Activity #2 **Being Healthy*** Students are to learn the basic needs to be Healthy and Happy. see below p. 4/8
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| WednesdayApril 22, 2020 | Activity #3 **Staying Healthy*** Students are to learn two ways in which they can stay healthy. see below p. 5/8
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| ThursdayApril 23, 2020 | Activity #4 **Food & Health – Grow, Glow and Go!*** Students are to learn that foods help our body in three ways. see below p. 6/8
 | Timed Reading Audio Assessment  see weebly |
| FridayApril 24, 2020 | Activity #5 **Health and Unhealthy Food Sort!*** Students are to learn about healthy and unhealthy food choices. see below p. 7/8
 | Submit an images of the completed activities from 1-5 via email on Monday April 27, 2020 before 5:00 o’clock in the afternoon.  |

Activity #1**: NO BREAKFAST?**

1. Have your child write a word that describes how he/she feels when he/she don’t eat breakfast, or when he/she eat unhealthy breakfast**.**
2. Have your child draw a face that shows how he/she feels when he/she don’t eat breakfast, or when he/she eats unhealthy breakfast.
3. Have your child draw hair on the head and a fun background for the frame.
4. Explain that bodies are like machines—they need fuel to run! "Our energy comes from the food we eat and some food is much better for us than others."

Activity #2**: Healthy and Happy**

1. Have your child paste images to illustrate the following words (**air, food, family, sleep, love, water, cuddles**).

Activity #3**: Staying Healthy**

1. Have your child label and color the pictures. (**Eat Healthy! /Be Active! )**

Activity #4**: Food & Health – Grow, Glow, and Go!**

1. Have your child read & illustrate (**#1 draw a big tall tree, #2 draw a big healthy smile, #3 Draw kids playing**). Then have your child color

the pictures.

1. **Print the reading lesson below p. 8/8 for a timed reading audio assessment. See weebly!**

Activity #5**: Healthy or Unhealthy?**

1. Have your child cut out the pictures and glue them under the correct heading. Then have him/her color the frogs.







**Stay Healthy**



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| Three Ways Food Helps Our Body! | Read & Draw |
|  **Grow**  | Food helps us to grow tall and strong like a tree. |
|   **Glow** | Food helps to keep us healthy and protect us from getting sick. |
|    **Go!**  | Food gives us lots of energy to run, skip, jump, and play. |



  **I WILL EAT HEALTY FOODS TO STAY STRONG!**





Good Morning! My Name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Today I will be reading about three ways food helps our body.

ONE! Food helps us to grow tall and strong like a tree.

Two! It helps to keep us healthy and protect us from getting sick.

Three! It gives us lots of energy to run, skip, jump and play.

I will eat healthy foods to stay strong! I will GROW, GLOW and GO! Thank You, Mrs. Martinez!