

Husky Reads Resource List

Lesson 1: What I Like about Healthy Me!

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Large Post-It Flip Pad & Markers	https://www.amazon.com/Post-Sticky-Inches-Premium-Sticking/dp/B003H0D93U/ref=sr_1_5?keywords=Large+Post-It+Flip+Pad&qid=1551974772&s=gateway&sr=8-5	1
Healthy habit/Food prompt cards	Laminated Healthy Action Cards with accompanying exercises: Reading (5 Jumping jacks) Hand washing (4 Squats) Eating fruits (10 Toe touches) Eating vegetables (10 seconds of running in place) Playing sports (10 Arm Circles) Getting a good night sleep (5 Frog Jumps) Brushing your teeth (3 Deep Yoga Breaths) Drinking water (4 lunges) The MyPlate (3 Turns in a circle)	9
Active Kids MyPlate Stickers	Learning Zone Express Item #906521 https://www.learningzonexpress.com/active-kids-myplate-stickers.html	200 per roll
Tasting materials	Paper plates, napkins, disposable knife for cutting bananas	Dependent on class size
Bananas	1/2 banana per student	Dependent on class size
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit
<i>I Like Myself</i> by Karen Beaumont	https://www.amazon.com/I-Like-Myself-Karen-Beaumont/dp/0547401639	1
<i>What I Like About Me</i> By Allia Zobel- Nolan	https://www.amazon.com/What-Like-About-Teacher-Celebrating/dp/0794410162	1
<i>Marvelous Me</i> by Lisa Bullard	https://www.amazon.com/Marvelous-Me-Inside-Out-about/dp/140480157X/ref=sr_1_1?keywords=marvelous+me+book&qid=1550166113&s=books&sr=1-1	1

Lesson 2: Filling MyPlate with Healthy Choices

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
USDA MyPlate Stickers	Learning Zone Express #906512 https://www.learningzonexpress.com/usda-myplate-stickers.html	200 per roll
Clue cards with statements about various foods	<p>13 laminated cards with image of the food and clue typed at the top in the color of the MyPlate section the food belongs in. Add exercise at the bottom of each card for students to complete when they guess the correct food.</p> <p>Yogurt: I am in the Dairy Group. I can be flavored strawberry or vanilla. I am cold and smooth. You eat me with a Spoon</p> <p>Beans: I am in the Protein Group. I am very small and can be brown, black, red, or white. Sometimes I am eaten with rice.</p> <p>Egg: I am in the Protein Group. I am white and yellow. I am small and oval shape. I come from chickens.</p> <p>Broccoli: I am in the Vegetable Group I am green. I look like a small tree. I start with “Brr” sound</p> <p>Banana: I am in the fruit Group. I have a yellow peel on the outside. Monkeys like to eat me! I start with the letter B.</p> <p>Strawberry: I am in the fruit group. I am red. I have small sees all over me. I have green leaves.</p> <p>Carrot: I am in the vegetable group. I am orange. I am crunchy. Bunnies like to eat me.</p> <p>Milk: I am in the Dairy Group. I am white. I am a liquid. You can pour me on cereal.</p> <p>Apple: I am in the fruit group. I can be red, green or yellow. I grow on trees and can be made into juice.</p> <p>Bread: I am in the Grains Group. I am baked into a loaf but you can slice me to make a sandwich. You can also put me in the toaster to make toast.</p>	13

	<p>Cereal: I am in the Grain Group. You can eat me for breakfast in a bowl with milk. There are lots of different kinds of me at the store.</p> <p>Tomatoes: I am in the Vegetable Group. I'm red and round. You can put me on a sandwich with lettuce or cut up in salad.</p> <p>Chicken: I am in the Protein Group. I am a type of meat. I can be grilled. I start with the "ch" sound.</p>	
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit
Tasting materials	Small tasting cups, napkins, serving spoon for scooping pineapple into cups, plastic forks	Dependent on class size
Fresh pineapple, uncut		1
Tasting: pineapple tidbits packed in 100% fruit juice		Dependent on class size
<i>Lunch at the Zoo</i> by Brenda Lee Carter	https://www.amazon.com/Lunch-Zoo-Brenda-Cartee-Lee/dp/0972873201/ref=sr_1_3?keywords=lunch+at+the+zoo&qid=1550166998&s=books&sr=1-3	1
<i>The Beastly Feast</i> by Bruce Goldstone	https://www.amazon.com/Beastly-Feast-Bruce-Goldstone/dp/0805038671/ref=sr_1_1?keywords=the+beastly+feast&qid=1550167450&s=books&sr=1-1	1
<i>Mouse Mess</i> by Linnea Riley	https://www.amazon.com/Mouse-Mess-Linnea-Asplind-Riley/dp/0590100483	1

Lesson 3: Fruit for All

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Fruit Poster	Food Groups Poster Set, Learning Zone Express Item #410077	1
Felt Board	https://www.amazon.com/Displays2go-3-Panel-Presentation-Inches-3PV5430BLU/dp/B008SA3RYK/ref=sr_1_2?qid=1551381374&refinements=p_n_feature_keywords_browse-bin%3A5907899011&s=office-products&sr=1-2	1

Fruit Cards	<p>Laminated Card with English and Spanish name for fruit. When creating the cards, the top 5 cards should be matted in the same color (ex. All red). The bottom 5 cards should be matted in a different color (ex. All blue).</p> <p>Top row of cards: (From top to bottom) Name of fruit, image of fruit, Name of Fruit in Spanish</p> <ol style="list-style-type: none"> 1. Banana / Guineo 2. Blueberries / Arandanos 3. Kiwi / Kiwi 4. Strawberries / Fresas 5. Orange / Naranja <p>Bottom row of cards: (From top to bottom) Name of fruit, image of fruit, exercise</p> <ol style="list-style-type: none"> 1. Bananas / march in place for 10 seconds 2. Blueberries / 10 toe touches 3. Kiwi / 10 jumping jacks 4. Strawberry / jump 10 times with feet together 5. Orange / 10 Shoulder shrugs 	10 cards
Plastic fruit models	https://www.amazon.com/Learning-Resources-Picked-Veggie-Pieces/dp/B00B2AYLYS/ref=sr_1_6?keywords=plastic+fruit+models&qid=1551975076&s=gateway&sr=8-6	
Stickers	<p>Garden Heroes® Stickers Item #906518 from Learning Zone Express</p> https://www.learningzonexpress.com/garden-heroes-stickers.html	200 per roll
Clementines	1/3 per student	Dependent on class size
Tasting materials	Napkins	Dependent on class size
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit
<i>The Very Hungry Caterpillar</i> by Eric Carle	https://www.amazon.com/Very-Hungry-Caterpillar-Eric-Carle/dp/0399226907	1
<i>Ned's New Home</i> By Kevin Tseng	https://www.amazon.com/Neds-New-Home-Kevin-Tseng/dp/1582462976/ref=sr_1_1?crid=2P4ZNEVVHXL3O&keywords=neds+new+home&qid=1551291095&s=books&sprefix=neds+new+%2Cstripbooks%2C130&sr=1-1	1

Lesson 4: Various Vegetables

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Vegetable poster	(Food Groups Poster Set), Learning Zone Express Item #410077	1
Stickers	Garden Heroes® Stickers Item #906518 from Learning Zone Express https://www.learningzonexpress.com/garden-heroes-stickers.html	200 per roll
Bunny puppet	https://www.amazon.com/Aurora-World-Puppet-Betsey-Bunny/dp/B01N4TURDB/ref=sr_1_1_sspa?crid=2AQF68TJ7FHGJ&keywords=bunny+puppet&qid=1551975247&s=gateway&sprefix=bunny+pu%2Caps%2C128&sr=8-1-spons&psc=1	1
Vegetable Activity Cards	Bunny hop activity cards are large 8x10 images with the name typed below it. Laminate cards for extra durability. <u>Cards include:</u> Cucumbers Broccoli Candy bar Soda Tomatoes Lollipop Carrots Bell peppers Snap peas Lettuce	10 cards
Tasting materials	Tasting cups, napkins	Dependent on class size
Baby Carrots	3-4 baby carrots per student	Dependent on class size
Carrots with greens	Uncut, washed	3-4 or 1 bunch
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit

<i>Carrot Soup</i> by John Segal	https://www.amazon.com/Carrot-Soup-John-Segal/dp/0689877021	1
<i>Creepy Carrots</i> by A.Reynolds, P. Brown	https://www.amazon.com/Creepy-Carrots-Aaron-Reynolds/dp/1442402970/ref=sr_1_fkml_2?keywords=Creepy+Carrots+by+A.Reynolds%2C+P.+Brown&qid=1551298478&s=books&sr=1-2-fkml	1
<i>10 Hungry Rabbits</i> by Anita Lobel	https://www.amazon.com/s?k=10+Hungry+Rabbits+by+Anita+Lobel&i=stripbooks&ref=nb_sb_noss	1

Lesson 5: Dairy for Healthy Teeth and Bones

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Dairy poster	(Food Groups Poster Set), Learning Zone Express Item #410077	1
Cow puppet	https://www.amazon.com/Folkmanis-Brown-Cow-Hand-Puppet/dp/B01H70MFIK/ref=sr_1_5?keywords=cow+puppet&qid=1551975339&s=gateway&sr=8-5	1
Dairy activity Cards	Food image cards, 6 with dairy foods and 4 nondairy (10 cards total) exercises on back. Dairy Cards should say “moo” and non-dairy cards should say “boo” Cards include: Ice cream – “moo” Yogurt – “moo” Lollipops – “boo” Cheese – “moo” Soda – “boo” Pudding – “moo” Cheese sticks – “moo” Milk – “moo” Donuts – “boo” Cupcakes – “boo”	10
CD Player or Smart phone		1
Stickers	https://www.learningzonexpress.com/usda-myplate-stickers.html	200 stickers per roll

Tasting materials	Plastic tasting cups, napkins, spoons, large serving spoon	Dependent on class size
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit
Vanilla Yogurt	Spoon about 2 Tablespoons of vanilla yogurt into small cups and serve with a spoon	Dependent on class size
Strawberries / blueberries	Washed and sliced, sprinkled on yogurt	1 container
<i>How to Speak Moo</i> by Deborah Fajerman	https://www.amazon.com/How-Speak-Moo-Deborah-Fajerman/dp/0764167529	1
<i>Bones</i> by Stephen Krensky	https://www.amazon.com/Bones-Step-Into-Reading-Step-Stephen-Krensky/dp/067989036X/ref=sr_1_1?keywords=Bones+by+Stephen+Krensky&qid=1551975810&s=gateway&sr=8-1	1

Lesson 6: Grains Help You Go!

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Grains poster	(Food Groups Poster Set), Learning Zone Express Item #410077	1
Touch and Feel Grains	Sample grains in see-through plastic bags, i.e. oat, wheat, corn, oatmeal, brown rice, barley, quinoa, wheat germ	8
Grains Cards	Food image cards, 9 with grain foods and 5 non-grain (14 cards total) <ul style="list-style-type: none"> • Bagels • Lollipops • Brown rice • Whole wheat pasta • French fries • Donut • Popcorn • Whole wheat bread • Cheerios • Whole grain crackers • Soda • Chocolate • Oatmeal • Bran muffins 	14

Cd Player or Smart phone		1
Stickers	https://www.learningzonexpress.com/usda-myplate-stickers.html	200 per roll
Whole Grain Cereal	2 Tablespoons per cup	Dependent on class size
Tasting materials	Plastic tasting cups, napkins	Dependent on class size
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit
<i>The Little Red Hen</i> by Byron Barton	https://www.harpercollins.com/9780060216757/the-little-red-hen/	1
<i>Mr. Wolf's Pancakes</i> by Jan Fearnly	https://www.goodreads.com/book/show/690829.Mr_Wolf_s_Pancakes	1

Lesson 7: Power Up with Protein

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Proteins poster	(Food Groups Poster Set), Learning Zone Express Item #410077	1
Display/ felt board	https://www.amazon.com/Displays2go-3-Panel-Presentation-Inches-3PV5430BLU/dp/B008SA3RYK/ref=sr_1_2?qid=1551381374&refinements=p_n_feature_keywords_browse-bin%3A5907899011&s=office-products&sr=1-2	1
Food image cards	Protein foods on back of card with Velcro, numbers on front: top row of card should be matted on the same color of construction paper (ex. All red). Bottom low of food cards should be matted on a different color construction paper. (ex. All blue) Laminate cards for extra durability. Top row (cards 1-5): Image and name of food <ul style="list-style-type: none"> • Chicken • Beans • Fish • Eggs • Steak • Nuts and Seeds 	12

	Bottom row (cards 6-10): Image and exercise Nuts and seeds / Touch your Toes 5 times Steak / Jump in Place! Eggs / March in Place Fish / Run in Place for 10 seconds Beans / Do 5 Jumping Jacks Chicken / Reach to the Sky	
Stickers	https://www.learningzonexpress.com/usda-myplate-stickers.html	200 per roll
Hummus and baby carrots	Spoon 1 Teaspoon of hummus into plastic tasting cup and add 3-4 baby carrots	Dependent on class size
Tasting materials	Plastic tasting cups, napkins, Large serving spoon	Dependent on class size
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit
<i>Green Eggs and Ham</i> by Dr. Seuss	https://www.barnesandnoble.com/w/green-eggs-and-ham-dr-seuss/1100170349#/#/	1
<i>Peanut Butter and Cupcake</i> by Terry Border	https://www.amazon.com/Peanut-Butter-Cupcake-Terry-Border/dp/0399167730	1

Lesson 8: Let's Make A Healthy MyPlate

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Display Board	https://www.amazon.com/Displays2go-3-Panel-Presentation-Inches-3PV5430BLU/dp/B008SA3RYK/ref=sr_1_2?qid=1551381374&refinements=p_n_feature_keywords_browser-bin%3A5907899011&s=office-products&sr=1-2	1
Food pair cards	Each food should be its on card. Laminate for extra durability. <ul style="list-style-type: none"> • Rice and Beans • Milk and Cereal • Yogurt and Strawberries • Cheese and Crackers • Oatmeal and Raisins • Carrots and Hummus • Apple and Peanut Butter • Grilled Chicken and Salad • Bagel and Cream Cheese 	18

Stickers	https://www.learningzonexpress.com/usda-myplate-stickers.html	200 per roll
Bagels and cream cheese	¼ of bagel w/ small amount of cream cheese	Dependent on class size
Tasting materials	Small paper plates, napkins, plastic knives	Dependent on class size
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit
<i>Badger's Fancy Meal</i> by Keiko Kasza	https://www.amazon.com/Badgers-Fancy-Meal-Keiko-Kasza/dp/0142412716	1
<i>Jack and the Hungry Giant Eat Right with MyPlate</i> by Loreen Leedy	https://www.goodreads.com/book/show/17351020-jack-the-hungry-giant-eat-right-with-myplate	1
<i>Shante Keys & the New Years Peas</i> by Gail Piernas-Davenport	https://www.amazon.com/Shante-Keys-New-Years-Peas/dp/0807573310/ref=asc_df_0807573310/?tag=hyprod-20&linkCode=df0&hvadid=312041961788&hvpos=1o1&hvnetw=g&hvrnd=10182434314543254774&hvone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9003276&hvtargid=pla-571035615348&pssc=1	1

Lesson 9: Taste a Rainbow of Color

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Display Board w colored categories	https://www.amazon.com/Displays2go-3-Panel-Presentation-Inches-3PV5430BLU/dp/B008SA3RYK/ref=sr_1_2?qid=1551381374&refinements=p_n_feature_keywords_browser-bin%3A5907899011&s=office-products&sr=1-2	1
Fruit & Vegetable Cards	An set of cards with an pictures of an assortment of colored fruits and vegetables: red, orange, yellow, green, blue, and purple	
Stickers	https://www.amazon.com/200-FRUIT-Smile-Face-STICKERS/dp/B073X3VM64/ref=sr_1_2?keywords=colorful+fruit+tickers&qid=1551976773&s=toys-and-games&sr=1-2-spell	100 per roll
Bell peppers	3-4 strips per child; washed & sliced. Provide students with a range of colors to try	Dependent on class size
Tasting materials	Small paper plates, napkins	Dependent on class size

Sanitation kit	Disposable disinfecting wipes, disposable gloves First aid, Paper towels, Hand sanitizer	1 Kit
<i>10 Hungry Rabbits</i> by Anita Lobel	https://www.amazon.com/10-Hungry-Rabbits-Counting-Concepts/dp/037586864X	1
<i>Color Crunch</i> by Charles Reasoner	https://books.google.com/books/about/Color_Crunch.html?id=sWP9QQAACAAJ	1
<i>Rainbow Stew</i> by Cathryn Falwell	https://www.amazon.com/Rainbow-Stew-Cathryn-Falwell/dp/1643790579/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=	1

Lesson 10: Taste Explorers

Materials	Resource Information	Quantity
MyPlate Poster English	Item #410124 https://www.amazon.com/Learning-ZoneXpress-MyPlate-Laminated-English/dp/B00759UDO2	1
MyPlate Poster Spanish	Item #415124 https://www.learningzonexpress.com/kids-myplate-spanish-poster.html	1
Healthy food toss ball	https://www.amazon.com/Nascos-Nutrition-Pictures-Toss-Up-Ball/dp/B075MZZ929/ref=pd_bxgy_328_img_3/132-7829447-2083303?_encoding=UTF8&pd_rd_i=B075MZZ929&pd_rd_r=a76c723d-40f8-11e9-ad28-db9d50180a61&pd_rd_w=Rgapt&pd_rd_wg=NqEu1&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=YG4GSGQXAM2S89RE62Y5&pvc=1&refRID=YG4GSGQXAM2S89RE62Y5	1
Stickers	https://www.amazon.com/dp/B00290JLGS/ref=sspa_dk_detail_4?psc=1&pd_rd_i=B00290JLGS	120 per pack
Vegetable medley with dip	Variety of sliced & washed vegetables with a small amount of dip	Dependent on class size
Tasting materials	Tasting plates, napkins, spoons	Dependent on class size
Sanitation kit	Disposable disinfecting wipes, disposable gloves, First aid kit, Paper towels, Hand sanitizer	1 Kit
<i>Night of the Veggie Monster</i> by George McClements	https://www.barnesandnoble.com/w/night-of-the-veggie-monster-george-mcclements/1008616032	1
<i>Monsters Don't Eat Broccoli</i> by Barbara Jean Hicks	https://www.barnesandnoble.com/w/monsters-dont-eat-broccoli-barbara-jean-hicks/1014207814	1