

Michigan Harvest of the Month

Michigan Nutrition Network
Michigan Fitness Foundation

Michigan Harvest of the Month™ features ready-to-go tools and resources that can be used in diverse applications within the school environment and are based on the current dietary guidelines for Americans. Michigan Harvest of the Month™ provides educators and food service directors with materials that give students hands-on opportunities to explore, taste, and learn about the importance of eating a variety of fruits and vegetables as well as being physically active every day. The materials are designed to promote change in eating behaviors by engaging students in the learning process and building their skills in accessing information, analyzing influences, decision-making, self-management, and advocacy.

The materials include educator resources along with handouts for your students and their families to extend your lessons. Use the activities on the Educator Newsletter in your classroom, hallway, playground, and cafeteria. Work with your school wellness team and child nutrition staff to spread the messages throughout your school and district. Activities have been identified that link to the Common Core State Standards as well as the Next Generation Science Standards.

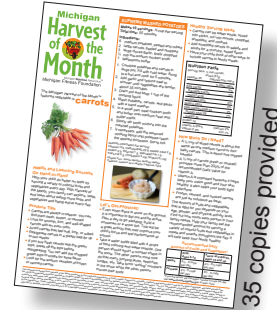
Educator Newsletters:

This four-page document provides educators with the activities that are scientifically accurate and provide hands-on activities, tools, and ideas for open-ended study by students.



Family Newsletters:

The Family Newsletter reinforces what students learn in the classroom and provides parents with recipes; nutrition information; healthy eating tips; ideas for being physically active; and tips for selecting, storing and serving the featured produce. **Send home the Family Newsletters to encourage them to learn more about the fruits and vegetables being featured in your classroom and cafeteria.**

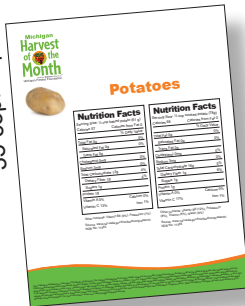


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Nutrition Facts Labels:

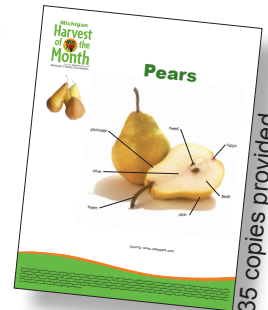
Use the Nutrition Facts Labels to teach students how to read food labels. Students also learn about the differences in fresh, canned and frozen fruits and vegetables—all are good choices to obtain the nutrition we need.

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Botanical Images:

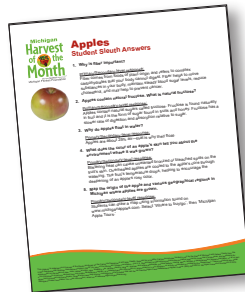
Familiarize students with different plant parts that we eat by extending the “How Does It Grow?” activity in the Educator Newsletter.



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Student Sleuths:

This answer-key provides you with all of the answers from the Student Sleuth activity within the Educator Newsletter. Use Student Sleuth questions to extend your classroom lesson and reference the answers here on these pages.



Why Michigan Harvest of the Month?

As educators, parents and members of our communities, we want the best for our students—for them to be healthy and more active. Studies show that healthy eating and daily physical activity can have a profound impact on the body and improve the ability to learn and comprehend. Michigan Harvest of the Month™ was developed to engage students in a variety of settings where nutrition education can have the biggest impact—the classroom, cafeteria, home and community.

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