

Early Childhood Education

Go, Glow, Grow Pacing Guide 2015-2016

The Go Glow Grow curriculum is designed for all lessons to be taught in order. **Read each lesson prior to teaching it to the class. Gather materials during prep and set them out in a convenient location so everything will be ready to go.**

Each lesson has a main lesson, 2 activities, a classroom snack, and a parent letter with a snack recipe for home. All activities are either “must do” or “optional”. The beginning of each lesson takes between 10 and 15 minutes. The activities that are part of each lesson take up to 20 minutes. Be sure to complete all lessons as scheduled. And remember, have fun!

Dates	Lesson	Materials	
October	Lesson 1	MyPlate for Kids poster Go, Glow, Grow Foods for You	Must Do
Week 1			
Week 2	Lesson 1, Activity 1	small square box food pictures from appendix glue tape MyPlate for Kids poster	Must Do
Week 3	Lesson 1, Activity 2 Review Questions	food pictures from appendix 3 paper plates table tents labeled Go, Glow, and Grow from page 13 in Teacher’s Manual	Must Do
Week 4	Lesson 1, Snack	See list in page 6 of Teacher’s Manual	Optional You may ask parents to donate some of the snack materials needed for the snack lesson.
	Lesson 1, Parent Letter and Snack	Send home the parent letter and snack recipe for families to try at home.	Must Do
November	Lesson 2	MyPlate for Kids poster Go, Glow, Grow Foods for You, pages 6 and 7	Must Do
Week 1			
Week 2	Lesson 2, Activity 1	See page 4 for supply list	Optional You may ask parents to donate some of the snack materials needed for the activity.
Week 3	Lesson 2, Activity 2 Review Questions	Music CD player Basket MyPlate for Kids poster Pictures of Go Foods	Must Do
Week 4	Lesson 2, Snack	See lesson 2 page 6 of Teacher’s Manual for list	Optional You may ask parents to donate some of the snack materials needed for the activity.
	Lesson 2, Parent Letter and Snack	Send home the parent letter and snack recipe for families to try at home.	Must Do

January	Lesson 3	MyPlate for Kids poster Go, Glow, Grow Foods for You, pages 8 and 9	Must Do
Week 1			
Week 2	Lesson 3, Activity 1	3 different whole fruits 3 different whole veggies hand towel Tray to display fruits and vegetables	Must Do Ask families to donate the fruits and veggies for the activity
Week 3	Lesson 3, Activity 2 Review Questions	Whole fruits and veggies from activity 1	Must Do This activity be combined with activity 1
Week 4	Lesson 3, Snack	See Lesson 3 page 6 for materials list	Optional You may ask parents to donate some of the snack materials needed for the activity.
	Lesson 3, Parent Letter and Snack	Send home the parent letter and snack recipe for families to try at home.	Must Do
February	Lesson 4	MyPlate for Kids poster Go, Glow, Grow Foods for You, pages 10 and 11	Must Do
Week 1			
Week 2	Lesson 4, Activity 1	2" x 8" paper strips crayons stapler MyPlate for Kids Poster	Must Do
Week 3	Lesson 4, Activity 2 Review Questions	Food Pictures of Grow Foods from the appendix	Must Do
Week 4	Lesson 4, Snack	See Lesson 4 page 6 for materials list	Optional You may ask parents to donate some of the snack materials needed for the activity.
	Lesson 4, Parent Letter and Snack	Send home the parent letter and snack recipe for families to try at home	Must Do
March	Lesson 5	MyPlate for Kids poster Go, Glow, Grow Foods for You, pages 12 and 13	Must Do
Week 1			
Week 2	Lesson 5, Activity 1	Tape or chalk Set up obstacle course	Must Do
Week 3	Lesson 5, Activity 2	12" construction paper circles in orange, green, red and purple	Must Do
Week 4	Lesson 5, Snack	See Lesson 5 page 6 for materials list	Optional You may ask parents to donate some of the snack materials needed for the activity.
	Lesson 5, Parent Letter and Snack	Send home the parent letter and snack recipe for families to try at home	Must Do

April	Lesson 6	Go, Glow, Grow Foods for You, page 14	Must Do
Week 1			
Week 2	Lesson 6, Activity 1	Germ Cutouts, 1 per child see Lesson 6 page 13 Baby powder Tape	Must Do
Week 3	Lesson 6, Activity 2	Hand Washing Pictures and Poster pages 13 – 19 Sink Soap Paper Towels	Must Do
Week 4	Lesson 6, Snack	See Lesson 6 page 6 for materials list	Optional You may ask parents to donate some of the snack materials needed for the activity.
	Lesson 6, Parent Letter and Snack	Send home parent letter and snack recipe for families to try at home	Must Do