



## **Lunch Bunch Lesson Plan - October 2020**

**Ms. Amy    Ms. P    Ms. Monica**

**Theme: Healthy Foods/ Halloween**

### **October 5-8 Healthy Foods: What do we like to eat?**

What makes a food healthy for us to eat? What are some good things to eat so we can get energy and grow big and strong? We will play games, sing songs and do some “veggie math” to further explore what is good for our bodies! We have some interactive books we will be sharing at circle time as well.

### **Oct. 12- 15 Apples**

Its yummy apple time! We are going to pretend to visit a farm and do some apple picking! With our apples we will be making some art projects and learning about the seed growing process. One of our outdoor adventures will be to find the missing apples. Feel free to add some apples to their lunches this week!

### **Oct. 19-22 Pumpkins**

Pumpkins, pumpkins, we like pumpkins.... And preparing for next week’s holiday! We will explore pumpkin shapes and practice some math with a “seed transfer” activity. We will be doing a pumpkin experiment and making a suncatcher for your windows. Our outdoor play will center around a pumpkin race track!

### **Oct. 26-29 Halloween**

Halloween fun awaits! We have a lot of songs lined up for this week and even some dances too. The parachute will make an appearance and some cool “bat hats”. We will be practicing patterns by using Halloween props. We will also have a Frankenstein themed science activity. Our outdoor play will have us practicing throwing rings on the witches hats!

