

## Brighter Bites CATCH Lesson Schedule

Goal: Every grade-level teacher is required to facilitate **8 CATCH Lessons** during the school year. The P.E. teacher must conduct **8 P.E. Activities** during the school year. All lessons and activities must be logged via our tracking link ([track.brighterbites.org](http://track.brighterbites.org)). Time will be set aside on select Wellness Wednesdays for teachers to implement and submit all **CATCH Lessons/P.E. Activities** by each respective due date.

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
DUE DATES	28-Oct	11-Nov	9-Dec	20-Jan	3-Feb	17-Feb	3-Mar	31-Mar
Pre-K	Gus Goodfood Helps a Friend	All Aboard the Veggie Train!	Singing About Milk, Yogurt, and Cheese	Let's Eat Some GO Foods	Singing About Fruits	Rabbit, Turtle, and GO Snacks	GO Drinks	Let's Eat a GO Snack
Kinder	Being Healthy is Fun!	GO Foods	Jumping Jack! and Gus Goodfood Love Vegetables!	Roots and Stems and Other Parts of Plants	Let's Eat Some Vegetables!	Moving to a Beat	GO Activities Are Fun Anywhere!	Colorful Fruits
1 <sup>st</sup> Grade	GO Foods, GO Activities	A Rainbow of Fruits and Vegetables	What's Missing?	Let's Eat Some Fruits and Vegetables!	Sugary WHOA Beverages	Let's GO!	Move Instead of Sit!	How GO Can Become WHOA
2 <sup>nd</sup> Grade	A Good Balance	Healthy and Unhealthy Fats	Too Much Sugar!	Too Much Salt!	Heart and Lungs, Bones and Muscles	Barriers to Physical Activity	Whole Grains	Amazing Fiber
3 <sup>rd</sup> Grade	Hi There, Earthlings	Hearty Goes on a Mission	Breakfast of the Stars	Hearty and His Friends Land on Earth	Helping Hearty Identify GO, SLOW, and WHOA Foods	Hearty and Flash Meet Sittin' Sam	Hearty and Dynamite Meet Food Fat	Hearty and Dynamite Meet Food Fat...Again
4 <sup>th</sup> Grade	Ready - Set - GO for Health	GO-SLOW-WHOA Foods	Physical Activity Means GO	Fat Facts	Take Out the Sugar!	So-o-o Much Sodium	The "Whole" Truth About Foods	Good Choices
5 <sup>th</sup> Grade	Let's Get GO Ing	Energy Balance and GO Eating	GO-ing for FIT	Choose Your Plate	Bag a GO Lunch	A Very Important Meal	Bright Ideas for Breakfast	Plan of Action
P.E.	1st P.E. Activity	2nd P.E. Activity	3rd P.E. Activity	4th P.E. Activity	5th P.E. Activity	6th P.E. Activity	7th P.E. Activity	8th P.E. Activity

The Brighter Bites Program Coordinator working with your campus will send regular progress reports of all lessons submitted. Reports will be shared with Principal and team to motivate and encourage anyone who may be falling behind.

Submit your lessons at [track.brighterbites.org](http://track.brighterbites.org) in order to receive credit