



brighterbites®

BRIGHTER BITES CATCH ACTION PLAN

Goal: Every grade-level teacher will need to facilitate **8 CATCH Lessons** during the school year.

The P.E. teacher(s) will need to conduct **8 CATCH P.E. Activities** during the school year.

All lessons and activities must be logged via our tracking link (track.brighterbites.org).

Time will be set aside on select due dates for teachers to implement and log all CATCH Lessons and CATCH P.E. Activities.

	LESSON 1	LESSON 2	LESSON 3	LESSON 4	LESSON 5	LESSON 6	LESSON 7	LESSON 8
DUE DATES	27-Sep	25-Oct	15-Nov	13-Dec	24-Jan	21-Feb	27-Mar	17-Apr
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 Jacks 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 st 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 nd 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 rd 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 th 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 th 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
6 th GRADE	Food Fights	Build A Meal	How Much Sugar is in Your Favorite Drinks?	Choose It or Love It	The Heart Is a Muscle	MyPlate	GO for Breakfast	There's More to Life Than Screens
7 th GRADE	A Balanced Life	Project Lesson: A Balanced Life	The Reason for Those Milk Mustaches	Portion Distortion	Project Lesson: Portion Distortion	Empty Liquid Calories	The Color Power of Fruits and Veggies	Screen-Time and Its Consequences
8 th GRADE	Water: Pure and Simple	We Won't Get Fooled Again	Project Lesson: We Won't Get Fooled Again	Breakfast, More is Less	Weight-Bearing Activities	Project Lesson: Weight-Bearing Activities	Power Snacking	
P.E.	1st CATCH P.E. Activity	2nd CATCH P.E. Activity	3rd CATCH P.E. Activity	4th CATCH P.E. Activity	5th CATCH P.E. Activity	6th CATCH P.E. Activity	7th CATCH P.E. Activity	8th CATCH P.E. Activity
	PreK	PreK	PreK	PreK	PreK	PreK	PreK	PreK
	K-2nd	K-2nd	K-2nd	K-2nd	K-2nd	K-2nd	K-2nd	K-2nd
	3rd-5th	3rd-5th	3rd-5th	3rd-5th	3rd-5th	3rd-5th	3rd-5th	3rd-5th
	6th-8th	6th-8th	6th-8th	6th-8th	6th-8th	6th-8th	6th-8th	6th-8th

The **Brighter Bites Program Coordinator** working with your campus will send regular progress reports of all lessons and activities logged. Reports will be shared with your school's administration to assist you in successful implementation of all lessons and activities.

Please remember to log your lessons and activities at track.brighterbites.org in order to receive credit.

Thank you for helping your students build healthy habits for life!