Monrovia Unified School District
2010-2011 Harvest of the Month Pacing Guide

Month	Produce	CA Health Education Standards	Lesson Ideas	Classroom Activity NEA cooking lesson	Tasting Trio	Taste Testing	Taste Testing Dates	Nutrition Literature Book for MUSD	Cafeteria Menu	Nutrient
Sep	Apples	N/A	N/A	Ants on a Log (preK-K ONLY)	Apples a la Mode 9/15-16	Good for you apple cobbler	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*Golden Delicious: A Cinderella Story* by Smucker (AR)	Autumn Apple Salad	N/A
Oct	Winter Squash/Pumpkin	Essential Health Concepts	Welcome to Nutrition Class	Pumpkin Pancakes	Jack-o-lantern Smash 10/12-14	Pumpkin Pie shake	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*It's a Fruit, It's a Vegetable, It's a Pumpkin* by Fowler (AR)	Butternut Squash Soup	Vitamin A
Nov	Persimmons	Essential Health Concepts	Why Are Fruits & Veggies good for Me?	TBD	Persimmon Apple Delight 11/9-10	TBD	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*Eating the Alphabet: Fruits & Vegetables from A to Z* by Ehlert	Persimmon Spice Bread??	Minerals
Dec	Pears	Analyzing Health Influences	"What Influences You?"	Pear Party Salsa	Party Pear Frisbees 12/14-16	Orange Poached Pears	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*Eating Pairs: Counting Fruits & Vegetables* by Schutte (AR)	Poached Orange Pears	Fiber
Jan	Mandarins	Accessing Valid Health Information	High Nutrient vs. Low Nutrient Food	Sunrise Pizza	Sunny Breeze Salad 1/25-27	Chicken and Mandarin Roll-ups	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*An Orange in January* by Aston (AR)	Mandarin Orange Salad	Vitamin C
Feb	Sweet Potatoes	Interpersonal Communication	Teacher for a Day	Sweet Potato Pie	Paradise Sweet Potatoes 2/15-17	Apple Glazed Sweet Potatoes	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*Vegetables(Good For Me)* by Hewitt (AR)	Spicy Baked Sweet Potato Fries	Potassium
Mar	Cabbage	Decision Making	Choose Your Own Adventure **or** Decision Making Worksheet	Stir Fry Cabbage Wraps	Cool Cabbage Confetti 3/15-17	Braised Cabbage with Apples	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*The Have a Good Day Café'* by Park (AR)	Asian Slaw	Vitamin K
Apr	Asparagus	Goal Setting	Physical Activity Goal Target	Asparagus Pasta	Awesome Asparagus Appetizer 4/19-21	Sesame Asparagus	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*How Groundhog's Garden Grew* by Cherry (AR)	Parmesan Asparagus	Folate
May	Avocado	Practicing Health Enhancing Behaviors	Healthy vs. Unhealthy Fats	Fiesta Dip	California Stackers 5/17-19	Avo-Pineapple Smoothie	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*The Fruit Bowl/Vegetable Soup* by Warren & Jones	Avocado Spinach Salad	MUFA
June	Zucchini	Health Promotion	Pen Pals	Zucchini-Parm Saute	Lady Bugs on a Leaf 6/7-9	Zucchini Marinara	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*Delicious: A Pumpkin Soup Story* by Cooper	Roasted Lemon Pepper Zucchini	Water
July	Melons	PLY ONLY Goal Setting	Physical Activity Goal Target	Asparagus Pasta	Awesome Asparagus Appetizer	Sesame Asparagus	CELC- BO- MO- PL- WR- CL- SF- VL- WA- HE- EL-	*We Love Fruit!* By Robinson (AR)	Summer Melon Salad	Folate
Aug	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A