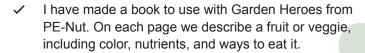
Integrating MiHOTM™ in Classrooms

Michigan Harvest of the Month™ Training 2015

School Teams' Tips for Success!



- Connect to homework pick a fruit or vegetable of the week – creates dialogue around dinner table. Children report/share with peers what they learned.
- ✓ Use the MiHOTM™ teacher letter
- ✓ Use the MiHOTM[™] educator checklist
- Teacher should role model fruit/ vegetable tasting
 - o Excited kids
 - Encouraged as brave,
 "makes you heathy & strong"
 when willing to taste new food
- ✓ Use MiHOTM[™] Family Newsletters as reading material; bind materials as booklets for students
- Write poems describing with sensory information to reflect on tasting
- Borrow a blender bike with blender on back so kids can make their own smoothies while getting physical activity (ride to blend)
- ✓ Officer fruit/vegetable/week get knowledge/ eat recipe at home & report back to class





- Curriculum links gardening in 2nd (plant); 4th (harvest) work with science teacher
- ✓ Plant a taste garden fruits/vegetables
- Arts/writing diagrams of fruits/vegetables start writing using a diagram
- ✓ Teacher should role model fruit/vegetable tasting
- Fractions work with cooking
- ✓ Feature on Facebook page/classroom newsletter
- ✓ Fruits/vegetables substitutions based on what's available (apples)
- Taste can vary based on store purchases.
- ✓ Grocery store field trips
- Focus on the chemistry of produce (science)







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For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers (click the link for a listing of hotline numbers by State), found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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