

Rated G Daily Structure: Curriculum Unit Plan, Nutritious Menus, and Developmentally Appropriate Practices

Daily Structure Morning (9:00 am - 12:00 pm)



9:00 am - 9:30 am

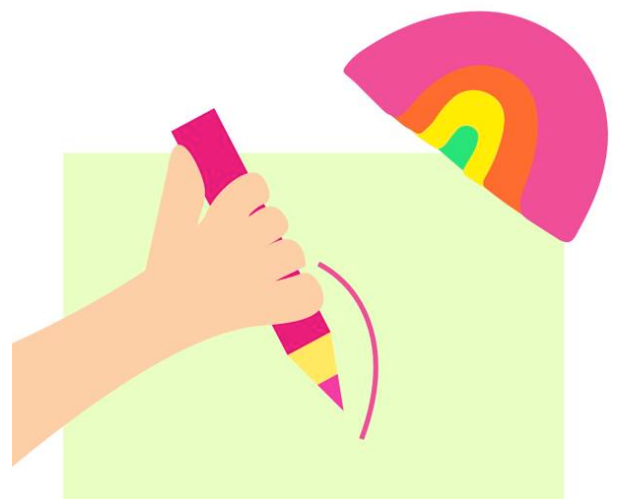
Welcome and Morning Meeting

This time is dedicated to greeting each child, discussing the plan for the day, and engaging in a group activity like a song or story.

9:30 am - 10:30 am

Curriculum Unit

Children will engage in various activities such as outdoor exploration, nature walks, and observing plants and insects. They'll also participate in a hands-on project, like creating a nature collage or planting seeds.



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Daily Structure Morning (9:00 am - 12:00 pm)



10:30 am - 11:00 am

Snack Time

A healthy snack is provided, such as fresh fruit and whole-grain crackers.

11:00 am - 12:00 pm

Learning Centers

Children rotate through different centers, including a science area with nature-themed activities, a sensory table with natural materials, a reading corner with books about nature, and an art station for creating nature-inspired art.



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Daily Structure Afternoon (12:00 pm - 3:00 pm):

12:00 pm - 1:00 pm
Lunch Time

A balanced lunch menu includes grilled chicken wraps with veggies, mixed fruit salad, and milk or water. (Image: Sample Lunch)



WEEKLY MENU

BREAKFAST

M Cinnamon Roll
T Strawberry Bagel with Tofu
W Yogurt with Blueberries
Th Rolled Eggs and Toast
F Cereal

SNACKS

M Cereal Bars
T Raisin
W Oranges
Th Graham Crackers & Apple Slices
F Muffins

LUNCH

M Curry Vegetables
T Easy Chicken and Egg Noodle Soup
W Mississippi Chicken
Th Stir-Fry Pork
F Battered Tofu and Broccoli

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Sample Menu
we sent
out each week.



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1:00 pm - 2:00 pm

Rest and Quiet Time

Children have the opportunity to rest or engage in quiet activities like reading or drawing



Daily Structure Afternoon (12:00 pm - 3:00 pm):

2:00 pm - 3:00 pm

Creative Play

Children have open-ended playtime with toys and materials related to the morning's theme, allowing them to continue exploring and expressing their understanding of nature through imaginative play.



Curriculum and Developmentally Appropriate Practices

Curriculum:

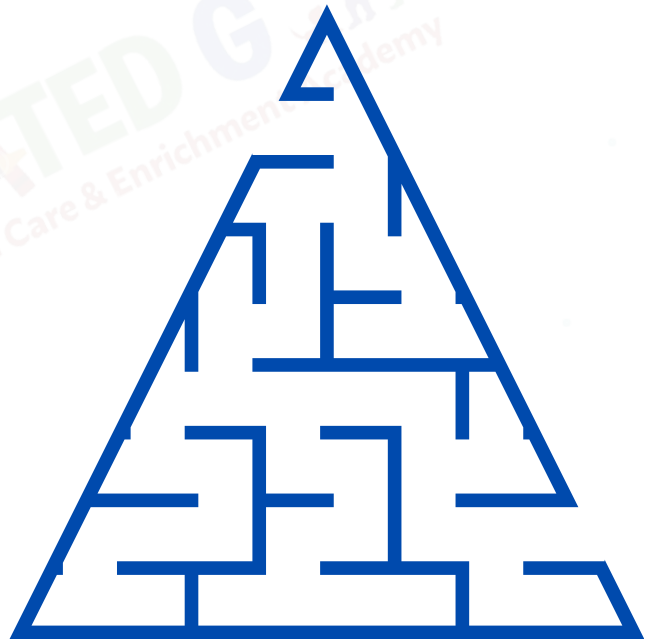
- The curriculum unit plan focuses on "Exploring Nature," providing children with hands-on experiences to develop their understanding and appreciation of the natural world.
- Activities are designed to be interactive and sensory-rich, catering to different learning styles and abilities.
- Learning objectives include fostering curiosity about nature, developing observation skills, and promoting environmental awareness and stewardship.



Curriculum and Developmentally Appropriate Practices

Developmentally Appropriate Practices:

- Activities are tailored to suit the developmental needs and interests of young children, with a balance between structured and unstructured play.
- Learning experiences are hands-on and experiential, allowing children to actively engage with materials and concepts.
- The environment is designed to be safe, inviting, and conducive to exploration, with ample opportunities for child-directed learning and social interaction.
- Snack and meal times incorporate nutritious options to support children's growth and development, while also promoting healthy eating habits.



By integrating a well-rounded curriculum, developmentally appropriate practices, and nutritious meals, this daily structure aims to provide a rich and nurturing learning environment for young children.

