

Coloring & Activity Sheets

Grades 3-5





Easter Candy Count



Chef Solus enjoys a sweet treat on Easter. Can you help him count just how many teaspoons of sugar is in each treat? Write the answer on the line.

Marshmallow Chick Peeps

= _____

Jelly bean Candy
32 small jelly beans

= _____

1.5 oz solid milk chocolate bunny

= _____





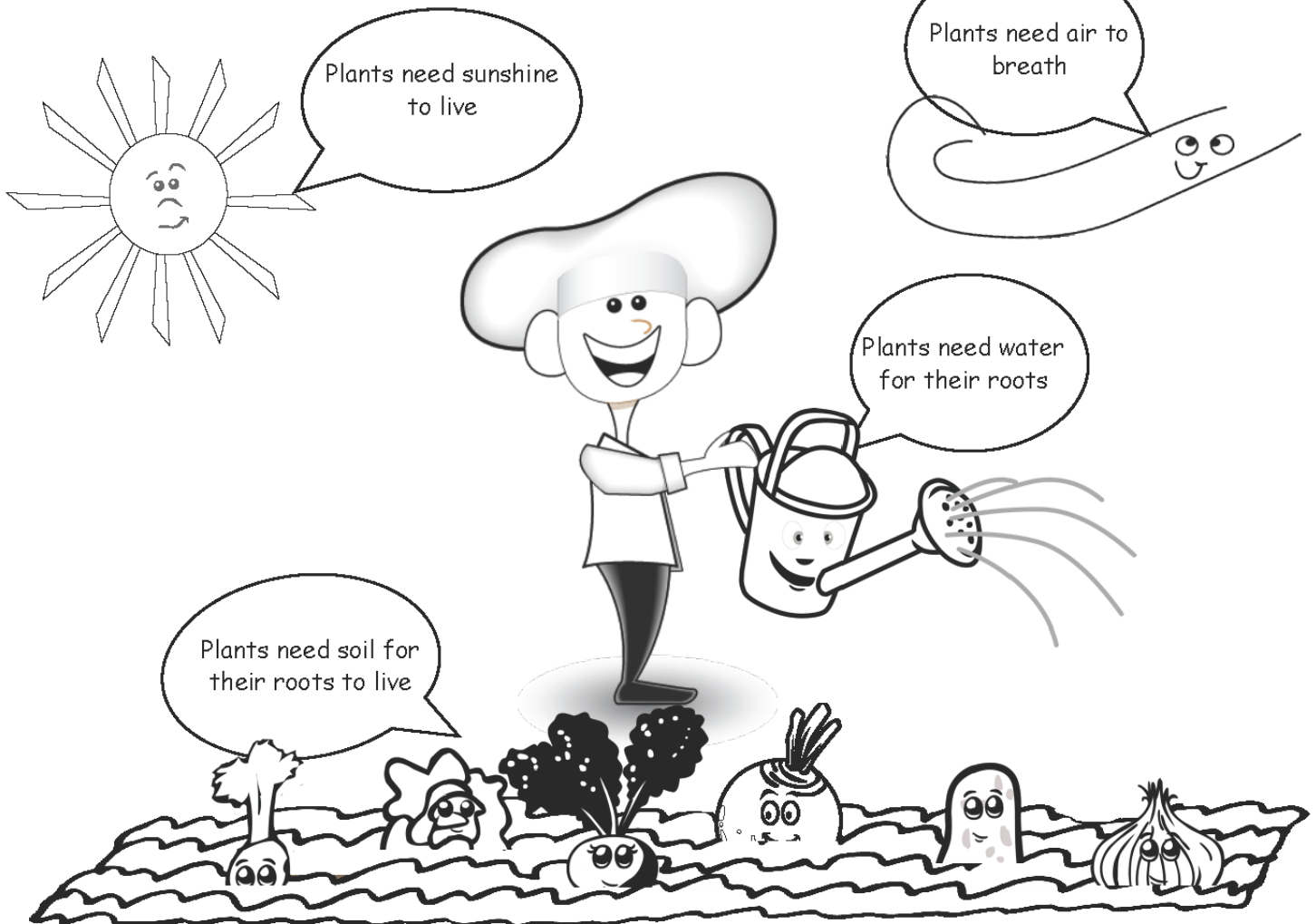
Four Elements for Growth!

What four key elements (things!) do plants need to be able to grow big and strong, and to produce the yummy fruits and veggies we eat every day? Color the picture, and then talk as a group about what the four main things are that plants need in order to grow!

What do plants need to Grow?- Coloring Sheet



Plants need these four elements to be a healthy plant.



GARDEN MAD-LIBS!

Ask a friend to give you the types of words you need to complete each sentence. Get an adult to help you, if needed. After you have written in all of the words, read the page out loud. Try it again at home with a family member, and think about planting your spring garden now!

SPRING GARDEN!




Planting a vegetable garden is not only fun,
it also helps save _____. You will need
(noun/s)
a piece of _____ land. You may need
(adjective)
a _____ to keep the _____ and
(noun) *(noun/s)*
_____ out. As soon as _____ is here
(noun/s) *(noun)*
you can go out there with your _____ and
(type of tool)
plant all kinds of _____. Then in a few
(noun/s)
months, you will have corn on the _____
(noun)
and big, _____ flowers.
(adjective)



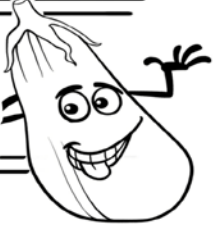


Garden Vegetables!

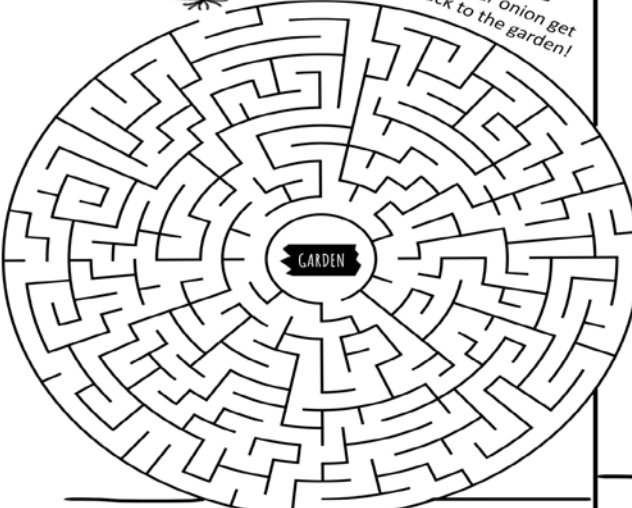
It's National Garden Month! Complete the activities below and think about all the nutritious veggies you could plant in your garden.



GARDEN VEGETABLES



MAZE
Help our onion get back to the garden!



GARDEN SCRAMBLE
Unscramble the letters below to make a just-picked word!

ASEP	TLAGEPGN
INNOO	GSAPRAUSA
MRCCUEBU	DEGRAN


A: Peas, onions, cucumbers, eggplant, asparagus, garden

RIDDLE ME THIS

- Don't cry! It's just a natural sulfur compound in me that reacts with your eyes and makes them water. What am I?
- I got my name because early varieties of me resembled a goose egg, and I'm usually dark purple in color. What am I?
- If you soak me in brine, I turn into a pickle! What am I?


A: Onion, eggplant, cucumber

#LOL




Q: Why did the gardener plant so many peas?
A: So there could be Peas on earth!

COLOR ME!



FOOD FACTS AND FUN

- All vegetables can be grown in the garden, but some are easier to grow than others. Garden vegetables that are fun to grow (and eat!) include string beans, leafy greens, tomatoes, squash (summer and winter squash), cucumbers, and potatoes (white and sweet).
- Vegetable gardens can be planted anywhere, but they need three main things to grow: lots of sunlight, water and good soil.
- Vegetables are an important source of carbohydrates, fiber, and many nutrients, including potassium and vitamins A and C. Vegetables help keep our digestive system healthy, help our eyes and vision, keep bones and teeth strong, and keep us from getting sick.





Herbal Coloring

Color the herbs and then think about the ones you would want to grow in your garden and maybe try in one of your favorite meals! If you have the chance to taste herbs at program, circle the ones you try!

rosemary

parsley

sage

basil

fennel

mint

thyme

green onions

rukolla

Herbs

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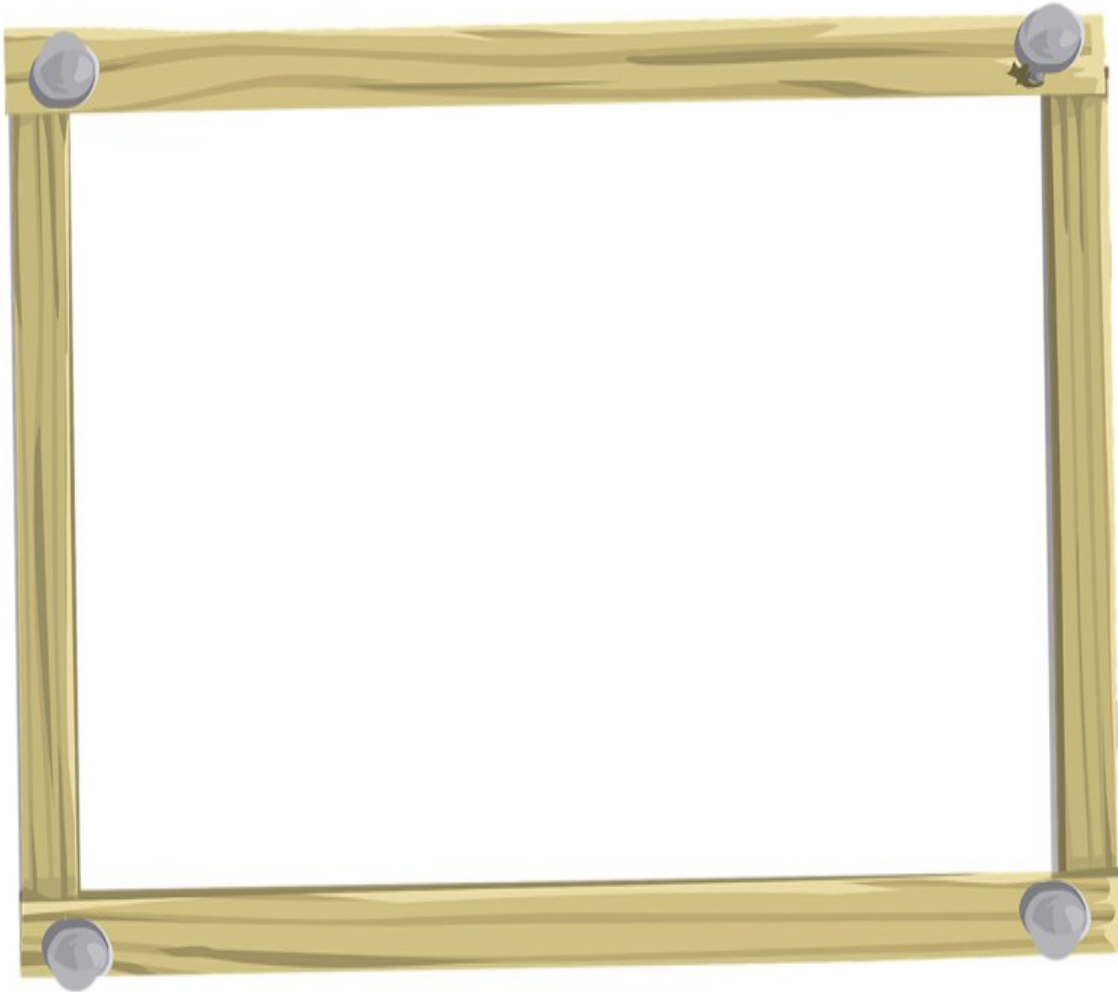
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Herbal Garden Planning

GARDEN PLANNING Activity Sheet

Before you get outside and start digging, it is a good idea to do a little planning! What herbs are you interested in growing?
Draw out your garden in the box below!




NAME _____ DATE _____




Herbs & Spices

Herb- and spice-infused water can taste delicious! Complete the herbs and spices activities below and then think about which ones you would want to try in your water.



HERBS & SPICES



WORDSEARCH

Find the words in the puzzle below. They may be horizontal, vertical diagonal or even backwards!

N L B P S O M Q F A M N V P H
 N Q I X T Q R L H H O J R O N
 H R M S L U A T U Q O X I R B
 V H O A A V H F N J J H L B F
 G M R M O B C Y W A T V Z X V
 L X C R M Q T C K M L J P Y C
 B Z E N P H S I P N C I E Y V
 Y N L A W T V P V A T L C R W
 O R E G A N O S Z Y S A Z A D
 Y R O V A S U F J R U G G M J
 H Y F Q O G H T A M B I B E M
 P A P P B K E P M U X N O S X
 L T Z F A R O L J E O G B O P
 K N O M A N N I C N G E N R K
 O N K T D I M C J W M R O Z N

WORDS

BASIL
CILANTRO
CINNAMON
FLAVOR

WORDS

GINGER
NUTMEG
OREGANO
PARSLEY

WORDS

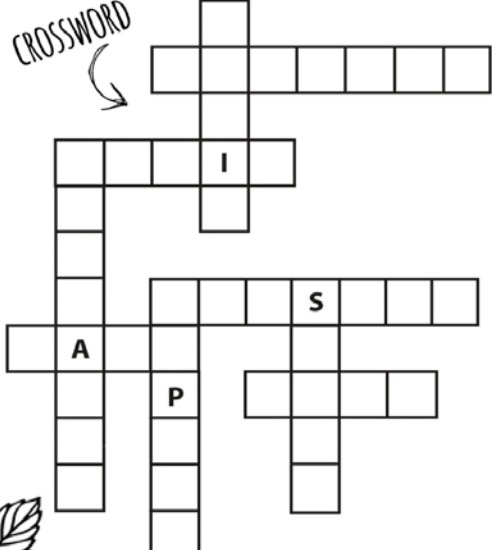
ROSEMARY
SAVORY
SPICY

FOOD FACTS AND FUN

- Experiment with different herbs and spices to see which ones you like.
- Use herbs and spices to make food flavorful without adding extra fat, salt, or sugar.
- Cinnamon, allspice, and ginger, when added to sweet foods, can make the food taste sweeter, not to mention flavorful!
- Herbs are easy to grow both indoors and out, and are a great way to add flavor to all kinds of foods, from pizza, to pasta, to salad.

Fill in the crossword puzzle with these flavor enhancers!

CROSSWORD





WORDS

- Dill
- Bay Leaf
- Pepper
- Parsley
- Sage
- Spice
- Cumin
- Cinnamon
- Basil

MAKE AS MANY WORDS AS YOU CAN OUT OF THE LETTERS IN

CHILI POWDER







Photosynthesis!

Since April is National Garden Month, we need to focus on learning more about what makes our gardens grow! Have fun coloring this picture, and then talk as a group about what photosynthesis is, and why it is important for plants. More information on photosynthesis may be found at: <http://bit.ly/CHGplantfood>.

