

July

Commit to Health National Recreation and Park Association 4-week Lesson Plan Guide and Worksheet: 3rd-5th Grade

WEEK	Community & Home Gardening (CHG) Monthly Topics <u>Planting a Fall Garden!</u> Yes, it is the middle of summer but it also is time to plan for your fall garden! <u>Preserving Produce!</u> Easy ways to preserve your fresh produce to enjoy throughout the year! <u>Composting!</u> Re-using leftover fruits and veggies to create a natural, nutrient-rich soil additive!	CHG Coloring & Activity Sheets (NOTE: Sheets listed below can be done in any order.)	Fun, Experiential CHG Activities! (NOTE: Activities listed below can be done in any order.) Reminder: Check out the complementary Foods of the Month lessons and fun at http://bit.ly/NRPAFoM.
1	<input type="checkbox"/> Send home CHG newsletter. <input type="checkbox"/> Point out CHG seasonal poster, read to children.	<input type="checkbox"/> Preserving Food (3-5)	<input type="checkbox"/> Build a Micro-Composter (K-5) <input type="checkbox"/> Fall Garden Planning (K-5) <input type="checkbox"/> Review “Composting Guide” for background and ideas on composting to plan site composting, and teach about composting.
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have ever planted a fall garden. <input type="checkbox"/> If feasible, design a fall garden for your site!	<input type="checkbox"/> Compost Activity Sheet (3-5)	<input type="checkbox"/> Fall Veggies Display (K-5) <input type="checkbox"/> Review “Bonnie-Preserve-Your-Harvest e-book” for background and ideas on preserving produce this month. <input type="checkbox"/> Compost Card Game (2-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have preserved produce before, and if so, what have they preserved? Check out this e-book http://bit.ly/preservebook (also on C2H website)	<input type="checkbox"/> Compost Gets Hot (3-5)	<input type="checkbox"/> Compost Scavenger Hunt (K-5)
4	<input type="checkbox"/> If feasible, ask a Cooperative Extension Master Gardener to come speak to your site about composting. – find one here: http://bit.ly/MGSupport	<input type="checkbox"/> Nature Compost Crossword (3-5) <input type="checkbox"/> What Can We Compost (K-5)	<input type="checkbox"/> Compost Card Game (2-5) <input type="checkbox"/> Refrigerator Strawberry Jam (K-5) <input type="checkbox"/> If feasible, begin your own compost pile at your site!