

December

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 Winter Gardening Indoors! Yes, you can grow yummy, nutritious produce inside during winter! <u>Check out the nutritious fruits and veggies in the frozen section of your grocery!</u>	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.)
1	<input type="checkbox"/> Send home CHG newsletter. <input type="checkbox"/> Point out CHG seasonal poster, read to children.	<input type="checkbox"/> What will you grow (K-5)	<input type="checkbox"/> A Childs Indoor Garden (K-5)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have grown any edibles during winter!	<input type="checkbox"/> Veggie Bookmarks (K-5) <input type="checkbox"/> Grow Carrots Inside dot to dot (2-3)	<input type="checkbox"/> An Indoor Watercress Garden (K-5) <input type="checkbox"/> Veggie Christmas Trees (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them what healthy fruits and vegetables they have seen at the grocery store in the frozen section. Maybe do a field trip to the grocery store to see frozen section and do some activities included in this lesson guide	<input type="checkbox"/> Herbs Indoors (K-5)	<input type="checkbox"/> Frozen Food Aisle (K-5)
4	<input type="checkbox"/> If feasible, grow some herbs or lettuces or other edibles inside this winter!	<input type="checkbox"/> Grow Lettuce Inside dot to dot (2-3)	<input type="checkbox"/> Grow Citrus Trees (K-5)

Reminders!

- Check the website frequently to download all the fun items listed in the lesson plan above, and for other updates! All instruction sheets listed in the lesson guide above are found in a pdf file posted on the website. To choose the right sheet for each lesson, match the name of the lesson in the guide above with the title at the top of each sheet.
- Check out the complementary Foods of the Month lessons and fun at <http://bit.ly/NRPAFoM>.