

June

Commit to Health National Recreation and Park Association 4-week Lesson Plan Guide and Worksheet: K-2nd Grade

WEEK	Community & Home Gardening (CHG) Monthly Topics Farmers Markets Buy locally-grown for great nutrition and freshness! Pick-Your-Own! Fun and fresh way to buy nutritious fruits & veggies!	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"/> Farmers Market Healthy Place Coloring (K-2) <input type="checkbox"/> Farmers Market Matching (2)	<input type="checkbox"/> Blueberries in a Basket (K-2) <input type="checkbox"/> Scavenger Hunt (K-2)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they know what a Farmers Market is, and if they have been to one. <input type="checkbox"/> If feasible, take your children to a Farmers Market.	<input type="checkbox"/> Farmers Market Coloring (K-2) <input type="checkbox"/> Berry Picking Seek & Find-Coloring (K-2)	<input type="checkbox"/> Pick-Your-Own Berries (K-5) <input type="checkbox"/> Refrigerator Strawberry Jam for Kids (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they know what a Pick-Your-Own farm is, and if they have been to one.	<input type="checkbox"/> Solus Farm Coloring (K-2) <input type="checkbox"/> Farmers Market Five (1-2)	<input type="checkbox"/> Story about Planting and Harvesting Strawberries (1-2)
4	<input type="checkbox"/> If feasible, take your children to a Pick-Your-Own farm. <input type="checkbox"/> Read "Create Your Own Park & Recreation-Community Garden" tips sheet to children, ask them questions! Send home to parents!	<input type="checkbox"/> Farmers Market Word Search (1-2) <input type="checkbox"/> Fill Your Basket (K-2)	<input type="checkbox"/> Indoor Blueberry Picking (K-2) <input type="checkbox"/> If feasible, take children to pick strawberries, give them "Official Strawberry Picker Certificate"

Reminders!

- Check the website frequently to download all the fun items listed in the lesson plan above, and for other updates! All files above are listed by name on the site.
- Check out the tips sheet on the CHG website: **Create Your Own Park & Recreation-Community Garden!**
- Check out the complementary Foods of the Month lessons and fun at <http://bit.ly/NRPAFoM>.

