

January

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 <u>Indoor Gardens!</u> Seek out nutritious dried fruits and veggies during winter!	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"/> January Produce (K-5) <input type="checkbox"/> Plant Growth (K-4)	<input type="checkbox"/> Build Your Own Smoothie (K-5) <input type="checkbox"/> Plant Needs Sunlight (K-5) <input type="checkbox"/> (Dried Veggie) Kale Chips (K-5)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they grow any edible plants inside during winter!	<input type="checkbox"/> New Year's Resolution (2-5) <input type="checkbox"/> Raisins Coloring (K-2)	<input type="checkbox"/> Dancing Raisins Science Experiment (K-5) <input type="checkbox"/> Ladybugs on a Log (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them what dried fruits and veggies they enjoy.	<input type="checkbox"/> Build Your Own Trail Mix (K-5) <input type="checkbox"/> Label the Flower (K-2)	<input type="checkbox"/> Make your own trail mix, based on "Build your Own Trail Mix (K-5)" <input type="checkbox"/> Fresh Fruit vs Dried Fruit (K-5)
4	<input type="checkbox"/> If feasible, do a dried fruit and veggie tasting (dried mangos, kale chips, etc.)!	<input type="checkbox"/> Eat a Rainbow (K-2) <input type="checkbox"/> Edible Terrarium (K-2)	<input type="checkbox"/> Finding Nemo (K-5) <input type="checkbox"/> Plant Needs Water (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>.