

August

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>An End-of-Summer Garden Party!</u> You've worked so hard all summer, cultivating the yummy and beautiful fruits and vegetables, it's time for a nutritious garden party! <u>Decorating and Food Ideas!</u> Use your fresh produce for decorating and in easy-to-make dishes!	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"/> Cat Picking Peaches Coloring (K-2) <input type="checkbox"/> Homegrown Tic-Tac-Toe (K-5)	<input type="checkbox"/> Cherry Picking (K-5) <input type="checkbox"/> Garden Party Plan (K-5) <input type="checkbox"/> Garden Party - Fruit Bowl Game (K-5)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have ever had a party using produce they have grown, or have gotten from a local Farmer's Market!	<input type="checkbox"/> Cherry Picking Fun Coloring (K-2) <input type="checkbox"/> Garden Problem (2-4)	<input type="checkbox"/> Garden Party - Decorate a Pot (K-5) <input type="checkbox"/> Garden Party - Garden Game (K-5) <input type="checkbox"/> Peach & Nectarine Picking (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have used fresh produce as decorations before, and if so, what did they make?	<input type="checkbox"/> Picking Cherries Coloring (K-2) <input type="checkbox"/> Writing Veggies (1-3)	<input type="checkbox"/> Garden Party - Infused Water (K-5) <input type="checkbox"/> Garden Party - Plant Pal (K-5) <input type="checkbox"/> If you live in stone-fruit growing areas, take your kids to "pick their own" stone fruits from a local farm: www.pickyourown.org ; or do a stone fruit tasting event to celebrate this yummy fruit variety's harvest season!
4	<input type="checkbox"/> If feasible, throw your own End-of-Summer Garden Party at your site (with produce you grew or from local farmers or markets).	<input type="checkbox"/> Seek & Find Peach Picking (K-2)	<input type="checkbox"/> Garden Party - Snacks (K-5) <input type="checkbox"/> Garden Party - Make Garden Markers (K-5)

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 complementary Foods of the Month lessons and fun at <http://bit.ly/NRPAFoM>.