

**April**

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

<b>WEEK</b>	<b>Community &amp; Home Gardening (CHG) Monthly Topics</b> <b><u>National Garden Month!</u></b> Celebrate National Garden Month in April! <b><u>Herb Tastings!</u></b> Smell and taste wonderful herbs this month! What foods do you like to put herbs in?	<b>CHG Coloring &amp; Activity Sheets</b>  (NOTE: Sheets listed below can be done in any order.)	<b>Fun, Experiential CHG Activities!</b>  (NOTE: Activities listed below can be done in any order.)
<b>1</b>	<input type="checkbox"/> Send home CHG newsletter. <input type="checkbox"/> Point out CHG seasonal poster, read to children.	<input type="checkbox"/> Garden Coloring (K-2) <input type="checkbox"/> Photosynthesis (2-4)	<input type="checkbox"/> Herbs in Foods & Beverages (K-5) <input type="checkbox"/> Project NGM (K-5)
<b>2</b>	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have planted a garden – tell them is it National Garden Month!	<input type="checkbox"/> Garden Vegetables (2-5)	<input type="checkbox"/> Egg Carton Seed Starters (K-5)
<b>3</b>	<input type="checkbox"/> Read the CHG newsletter to the children, ask them what herbs they know, and if they eat any.	<input type="checkbox"/> Herb Coloring (K-5) <input type="checkbox"/> Four Elements for Growth (K-3)	<input type="checkbox"/> Herb Gardens & Painted Pots (K-5)
<b>4</b>	<input type="checkbox"/> If feasible, have an herb tasting (see “Fun, Experiential CHG Activities” list for more info).	<input type="checkbox"/> Herb Garden Planning (K-5)	<input type="checkbox"/> Herb Tasting Event (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>.