

June

## Commit to Health National Recreation and Park Association 4-week Lesson Plan Guide and Worksheet: 3<sup>rd</sup>-5<sup>th</sup> Grade

WEEK	Community & Home Gardening (CHG) Monthly Topics <b>Farmers Markets</b> Buy locally-grown for great nutrition and freshness! <b>Pick-Your-Own!</b> 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 (3) <input type="checkbox"/> To Market Worksheet (3-5) <input type="checkbox"/> Farmers Market Math Quest A (3-5)	<input type="checkbox"/> Farmers Market Scavenger Hunt (3-5)
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 Math (3-5) <input type="checkbox"/> Farmers' Market Math Quest B (3-5)	<input type="checkbox"/> Pick-Your-Own Berries (K-5) <input type="checkbox"/> Cleaning and Storing Berries (3-5)
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"/> Farmers Market Matching (3-4) <input type="checkbox"/> Farmers Market Word Search (3-5) <input type="checkbox"/> Farmers' Market Math Quest C (3-5)	<input type="checkbox"/> Refrigerator Strawberry Jam for Kids (K-5)
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 Scramble (3-5)	<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 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>.

