

November

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>Using Harvests in Holiday Meals!</u> Canned, frozen fresh harvests in meals and decorations! <u>Finding Produce during Winter!</u>	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"/> Cornucopia Color-by-Number (1-5) <input type="checkbox"/> Thanksgiving Veggies (2-5)	<input type="checkbox"/> 3 Sisters Garden Craft (K-5)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they help with holiday meal planning and how!	<input type="checkbox"/> Fresh in a Jar (K-5) <input type="checkbox"/> Greenhouse Coloring (K-2)	<input type="checkbox"/> Indoor Farmers Market Finds (K-5) <input type="checkbox"/> Squash Your Decorations (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them what frozen and canned F/V they buy and eat.	<input type="checkbox"/> Healthy Cornucopia (K-2) <input type="checkbox"/> Plate Full of Thanks (2-5)	<input type="checkbox"/> Gourd Vases (K-5)
4	<input type="checkbox"/> If feasible, visit an indoor Farmers Market or greenhouse.	<input type="checkbox"/> Indoor Farmers Market (K-2)	<input type="checkbox"/> Indoor Market Fun (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>.