

September

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

WEEK	Community & Home Gardening (CHG) Monthly Topics <u>Extending your garden season & winterizing!</u> Your summer garden is producing yummy, nutritious edibles – learn how to continue to enjoy the harvest even when it is a bit cold! <u>Whole Grains – How are they different than refined grains!</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"/> Winterizing Wordsearch (3-5)	<input type="checkbox"/> Drying Herbs (K-5) <input type="checkbox"/> Whole Grains Month Activities (K-5)
2	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have ever put plastic, fabric, or some other type of cold protection over their garden; or explain that this can be done to extend the harvest season!	<input type="checkbox"/> September Wordshapes (3-5)	<input type="checkbox"/> Make a Row Cover Model (K-5)
3	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they know that there are some things to do to an edible garden before winter so it harvests a lot next summer.	<input type="checkbox"/> Winterizing Crossword (3-5)	<input type="checkbox"/> Flower Panels (2-5) <input type="checkbox"/> Whole Grain Stamp (4-5)
4	<input type="checkbox"/> If feasible, do a whole grains tasting where you compare whole grain to refined grain products.	<input type="checkbox"/> WG Double Puzzle (3-5)	<input type="checkbox"/> Make Your Own Cloche (K-5) <input type="checkbox"/> Eat This Not That WG (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>.