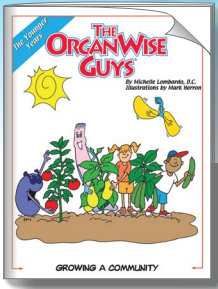




Growing a Community Lesson Plan (2 pages)

digital.organwiseguys.com/book/growing-a-community

(Use this link to access all content.)



Read **Growing a Community**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity page:

You be the Garden Planner!
 Instructions: Make copies for each child. Have them design how they would plan their community garden using the "planogram" template below. Design and color the planogram.

Sweet Potatoes	Beans	Onions	Cucumbers	Squash	Zucchini	Tomatoes

Broccoli	Carrots	Cauliflower	Butternut Squash	Eggplants	Peppers	Corn	Herbs

Watch the 3 short companion videos:



ODE TO FRESH AIR.MP4



TAKE THE FIBER PLEDGE.MP4



FRESH FOOD.MP4

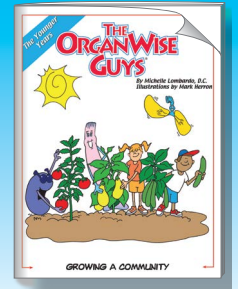
If time allows . . .

FOODS OF THE MONTH
 Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).



Growing a Community Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Gardening, fruits, vegetables, physical activity, water/hydration, fresh air, high-fiber foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To share the steps involved in planning a community event
- To convey the concept of a planogram for a garden
- To highlight the importance of creating community rules to keep things running smoothly
- To describe each rule and its relevance
- To discuss the importance of tending to the garden regularly
- To demonstrate how communities who work together grow together

Activity Sheet - Lesson Objective/Key Concept:

- To reinforce the items planted in the garden via a planogram template

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem on the benefits of fresh air
- To remind children of the importance of high-fiber foods for regular elimination
- To emphasize the joy of gardening and the fresh food it produces

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheet (one per student)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)