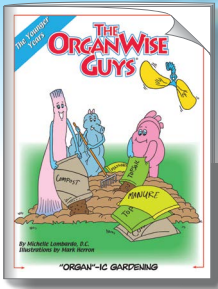


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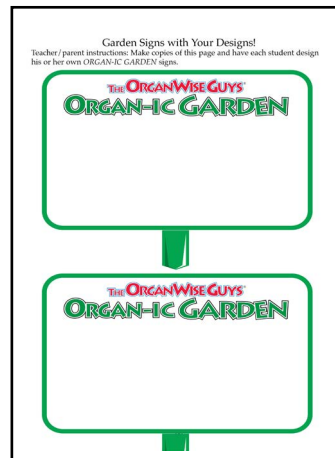
Madame Muscle®



Read **"Organ"-ic Gardening**

(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:



Watch the 3 short companion videos:



PLANT A GARDEN.MP4



I LOVE MY GARDEN.MP4



H2OHHHHH.MP4

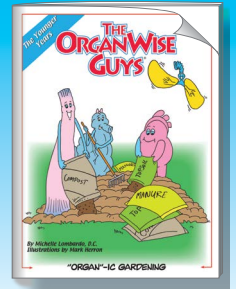
If time allows . . .

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).



"Organ"-ic Gardening 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, Vitamin D (sunshine), fresh air, water/hydration, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the steps of creating a garden
- To list/highlight a variety of vegetables
- To explain why the location and soil are foundational to a successful garden
- To compare planting directly in the ground versus planting in a raised bed
- To explain what compost is
- To show the difference between seeds and seedling plants

Activity Sheet - Lesson Objective/Key Concept:

- To encourage creativity by drawing signs with items that could be grown in a garden

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem about the joys of gardening
- To encourage children to plant their own garden
- To reinforce how drinking water benefits the entire body

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)