

Learn, Grow, Eat & Go! Planning Overview

- » **Week 1**
 40 minutes - Know & Show Sombrero
 30 minutes - 5 Senses Food, *Tasting I: Fresh carrots*

- » **Week 2**
 30 minutes - *Tops & Bottoms, Plant Parts We Eat*
 25 minutes - Nutrients to Grow

- » **Week 3**
 15 minutes - Don't Crowd Me
 25 minutes - Paper Towel Gardening

- » **Week 4**
 35 minutes - *A Place to Grow, Home Sweet Home*
 35 minutes - Balloon Hot Potato

- » **Week 5**
 30 minutes - Rules are Rules and Schedule It*
 30 minutes - MyPlate

- » **Week 6**
 60 minutes - Veggie Research and Garden Graffiti
 30 minutes - GO, SLOW, WHOA Classification

- » **Week 7**
 30 minutes - 10 in 2 Color Box
 40 minutes - 1-Week Dinner Tracker

- » **Week 8**
 40 minutes - Fruity Beauty and Blind Taste Test
 40 minutes - *Ugly Vegetables, The Tasty Unknown, Paper Chain*

- » **Week 9**
 40 minutes - *Two Old Potatoes & Me, Growing New from Old*
 40 minutes - Greasy Grid Evaluation

- » **Week 10**
 40 minutes - Kitchen Cotton Quantity Conversion
 40 minutes - *I Will Never Not Ever Eat a Tomato, Menu Mind Makeovers*

Vegetable/
 plant
 features:

Carrots

Food exposure
 features

A	B
Food Exposure fresh sample Tasting I: Carrots	Food exposure recipe demos Garden Kitchen:
Tasting:	Garden Kitchen:
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Physical activity
 features

C	D
GO Strong Class exercise: 1: Take a Walk	 WALK ACROSS TEXAS! Kick-Off Event!
2: Team Bubble Burst	<div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 2em;">8 week walking program</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 0.8em;">http://walkacrosstexas.tamu.edu</div>
3: Hit the Deck Dash	
4: 10x Multiplying Montior	
5: Alphawalk	
6: Scarecrow Tag	
7: Playground Touch Map	
8: Caterpillar Carry	
9: Rainbow Relay	
10: Favorite Walk	
WAT! Celebration Event	

**Base curriculum
 2 lessons/week**
 To earn certification, the students in your class must complete the base curriculum and participate in a class service-learning project. *Page 173*

**Garden start
 window
 of time**

Choose 6 crops that will grow this season in your garden, and then assign a week to feature it!

Nutrient-dense planting list
 Bell pepper, bok choy, broccoli, carrots, cherry tomatoes, cauliflower, potatoes, red leaf lettuce, spinach, squash, sugar snap peas, Swiss chard