

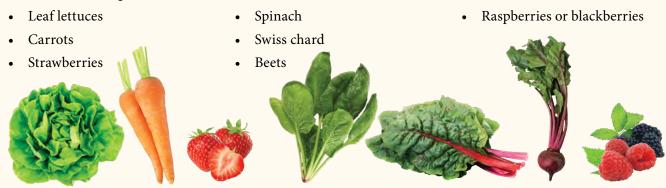
Grow Healthy Habits With Your Children



Pear Parents:

Our class is about to embark on a *Great Garden Detective Adventure!* Over the next couple of months, we will be exploring fruits and vegetables through gardening, classroom, and school cafeteria activities. By the end of the unit, your child will have used math, science, and English/language arts skills to learn more about where fruits and vegetables come from and why they are good for us.

This week, we tasted some fruits and vegetables that we may grow in our garden. Ask your child to tell you how these fruits and vegetables taste:



Here are some ways you can help make our garden adventure a success:

- Send two large T-shirts or smocks to school by ______ to cover your child's clothes while working in the garden and while cooking.
- Volunteer to help us plant and maintain the garden (return the attached form).
- Volunteer to help in the classroom with our cooking activities (return the form).
- Volunteer to help us put a class cookbook together (return the form).
- Contribute a favorite family recipe featuring fruits or vegetables to our class cookbook (more details to follow).
- Come to school on _____ when we celebrate our garden harvest with a Sleuths' Mystery Dinner (more details to follow).
- Read the *Garden Detective News* when it comes home with your child, and help him or her complete the activities.
- Try serving some of the fruits and vegetables we are learning about at home. Frequent issues of the *Garden Detective News* will share ideas.

We look forward to sharing our adventures with you in the weeks to come! Sincerely,



Parent Volunteer Form

Yes, I'd like	to help with The Great Garden Detective Adventure. I can:		
And the second	Help plant the garden on		
	Help out in the garden occasionally in the next 10 weeks (e.g., watering, pulling weeds). My best time is: Help out in class for cooking activities		
12/1			
Help with the class cookbook			
The best time	to reach me is		
Ву	(telephone) or(ema		
Signed:			
Print name:	The second secon		
Student:			
Thank you! P	lease return this form to		
by			

Family Activity 1

Cook Together This Week

Try making a recipe with fruits or vegetables with your child this week. Then help your child answer the following questions:



Name of recipe:	
Where did this recipe come from?	
What fruits and/or vegetables were in the r	recipe?
What part of the plant did these fruits and	/or vegetables come from?
Fruit/vegetable	Part of Plant?
	ras prepared and what you thought about it. For example: I chopped is to the tomato sauce. We put it on the spaghetti and it was delicious.