



**GROW IT  
TRY IT  
LIKE IT!**

**Summer  
Curriculum  
Overview**

**Teacher Meeting  
7.14.23**



## Introductory Info

- Thanks for collaborating with us!
- CFHL will providing materials for the summer curriculum
  - We will not be supplying *all* of the materials, so teachers will need to look at their materials list and collect the remaining materials from the classroom.
- Every site was provided with a hard copy of the GITILI curriculum last year
- We've ordered more copies for each site.

# Orders placed

---



- These should arrive next week sometime (if they haven't already arrived)
- Item includes one box kit with seven booklets and two CDs
- GITILI consists of seven booklets
  - Booklet 1 contains the Introduction, Teaching Guide, Garden Art and Crafts and Tool Shed Resources, Cool Puppy Pup DVD and the Supplemental Materials CD
  - Booklets 2 through 7 contain the activities for the six fruit and vegetable lessons
- Casa (2)
  - **Ms. Stallworth**
  - Ms. Barbara
- Concord (1)
  - **Ms. Liz**
- Florence (4)
  - **Ms. Nava**
  - Ms. Maribel
  - Ms. Fosu
  - Ms. Rogers
- Hope (1)
  - **Ms. Liz**
- King (0)
- Maple
  - **Ms. Loretta**
- Rita Walters (2)
  - **Ms. Cecilia**
  - Ms. Tammy
- Vermont (0)
- Willowbrook (3)
  - Ms. Mitchell
  - Ms. Tracy
  - Ms. Tammi

# Lesson Structure:

## 9 units

- Curriculum is written for six units of lessons, based on one fruit or vegetable
- We added 3 units to make it last through the summer and changed the order of lessons.
  - Cucumber (follow *Spinach* lesson plan, replace with cucumber)
  - Oranges (follow *Peach* lesson plan, replace with oranges)
  - Zucchini (follow *Crookneck Squash* lesson plan, replace with zucchini)
- Start week of July 10th
- End week of September 4th

### JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
			Strawberries			
16	17	18	19	20	21	22
		Crookneck Squash				
23	24	25	26	27	28	29
		Cantaloupe				
30	31					

### AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		Spinach				
6	7	8	9	10	11	12
		Peaches				
13	14	15	16	17	18	19
		Cucumber				
20	21	22	23	24	25	26
		Oranges				
27	28	29	30	31	9/1	9/2
		Sweet Potatoes				
9/3	9/4	9/5	9/6	9/7	9/8	9/9
		Zucchini				

**Tip: use tabs/post-its to mark off each unit of the curriculum to easily find each section**

# Lesson Structure: Activities included

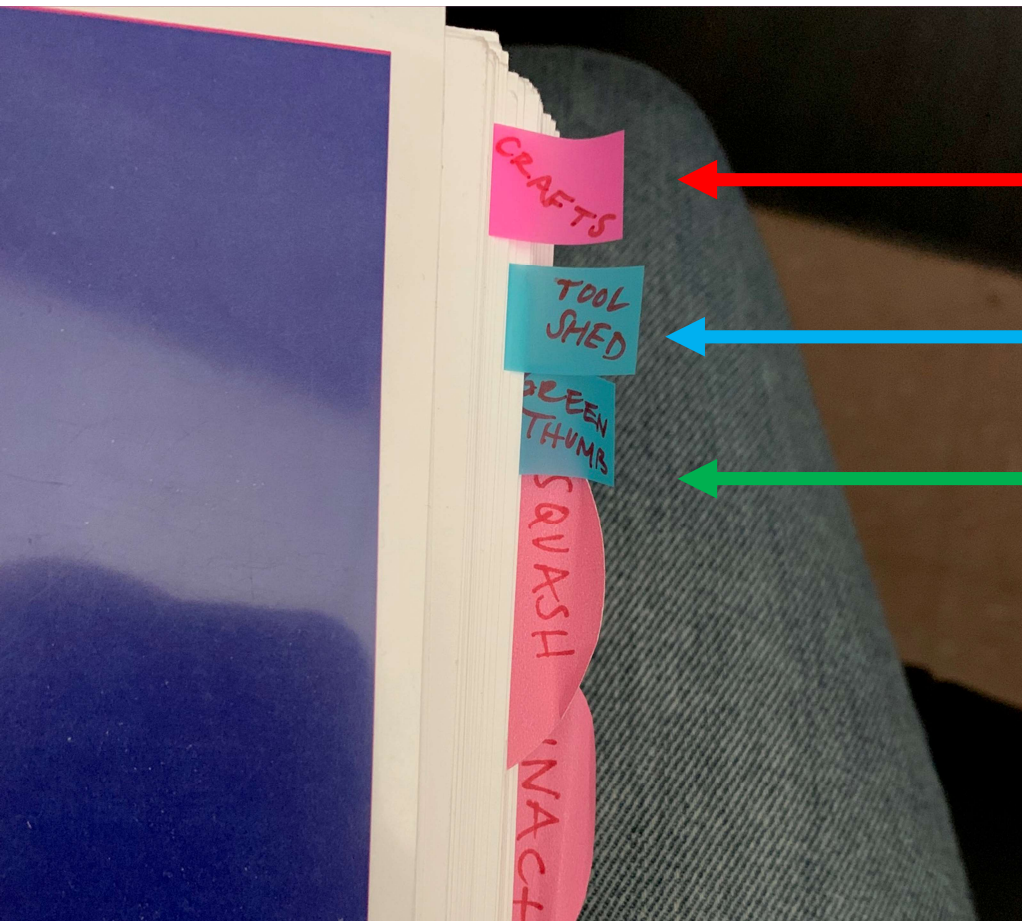
What's Inside	
The Strawberry Patch Lessons	1
Planning Chart for Strawberry Patch Activities.....	2
<b>A: Getting to Know...Strawberries Hands-On Activities.....</b>	2
1. "What's This?" It's "Berry" Mysterious.....	3
2. Strawberries...A Look Inside.....	6
3. Strawberry Pizzas.....	8
<b>B: Strawberry...Where Do You Come From? Planting Activities.....</b>	8
1. Strawberries Start as Seeds.....	10
2. Make a Pretend Strawberry Patch.....	12
3. Plant a Strawberry Jar.....	14
<b>C: Strawberry Stories and Songs.....</b>	14
1. Cool Puppy Pup's Strawberry Lunch Party Video.....	16
2. Reading Activity.....	18
3. Old MacDonald Had a Farm, Strawberry Style.....	20
<b>D: Introducing MyPlate Nutrition Education Activities.....</b>	20
1. Meet Strawberry's Fruity Friends.....	26
2. Serving Up...Strawberries.....	28
a. Strawberry Smoothie Recipe.....	28
<b>Growing at Home Materials</b>	30
<b>Strawberry Growing at Home #1</b>	31
1. Letter to Home #1.....	32
2. Chocolate Strawberries Recipe.....	33
3. Color the Strawberries Activity.....	33
<b>Strawberry Growing at Home #2</b>	34
1. Letter to Home #2.....	35
2. Pancakes with Strawberry Sauce Recipe.....	35
3. Match the Strawberries Activity.....	36
<b>Strawberry Growing at Home #3</b>	37
1. Letter to Home #3.....	37
2. Strawberry Smoothie Recipe.....	38
3. Strawberry Fun Badge Activity.....	38

- Each unit has sections:
  - A – Hands-On Activities
  - B – Planting Activities
  - C – **Stories and Songs\***
  - D – Nutrition Ed Activities
- Additional craft, tasting, and movement activities are included throughout each unit's lessons.
- Growing at Home Materials

\*In our sample lesson plans, we originally did not include the Cool Puppy Pup activities since this requires the CD. However, now that we have ordered a curriculum for each classroom, we encourage you to do all the activities!

# Lesson Structure:

## Booklet 1: The Basics



Detailed arts and crafts pages/instructions are in the first booklet of the curriculum titled "The Basics".

Tool Shed has additional resources including different ways to sample various fruits and vegetables

Green Thumb has additional garden resources and how to best plant in container gardens, outdoor gardens, etc.

# Lesson Structure:

## Sample Lesson Plans

Sample lesson plan for Crookneck Squash Row  
(*Grow It, Try It, Like It!* Book 2)

Weekly Group Planning Form

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Question of the Day</b> <ul style="list-style-type: none"> <li>• Discussion</li> <li>• Webbing</li> <li>• Charting</li> <li>• Voting</li> </ul>	<b>Mystery Box/Bag Activity:</b> Feel That Curvy Shape (A1, p.2-3)	<b>Growing Activity:</b> Crookneck Squash Starts as Seeds (B1, p.8-9)	<b>Growing Activity:</b> Plant a Crookneck Squash Seed (B2, p.10-11)	<b>Growing Activity:</b> Plant a Crookneck Squash Seed or Start Outdoors (B3, p.12-13)	<b>Food Group Activity:</b> Savor the Flavor of Squash – Different Types of Squash (D1, p.20-21)
<b>Read-Aloud Book Related to the study</b>					
<b>Large Group</b> (Songs, Rhymes, Books, Activities, Music & Movement, etc.)	<b>Craft Activity:</b> Gardening Gloves	<b>Teach &amp; Report CATCH Class</b>	<b>Craft Activity:</b> Decorated Garden Bags	<b>Teach &amp; Report CATCH Class</b>	<b>Craft Activity:</b> Garden Scene Note Cards
<b>Small Group Activities Rotated Daily</b> <ul style="list-style-type: none"> <li>• Early Math</li> <li>• Language &amp; Literacy</li> <li>• Science</li> <li>• Creative Art</li> <li>• Dramatic Play</li> </ul>	<b>Tasting Activity:</b> Crookneck Squash – A Look Inside (A2, p.4-5)	<b>Tasting Activity:</b> Crookneck Squash “Sandwiches” (A3, p.6-7)	<b>Movement Activity:</b> Crookneck Squash Skip (D1, p.24-25)		<b>Movement Activity:</b> Old MacDonald Had a Farm, Crookneck Squash Style (C3, p.18-19)

**Extra Activities:**

- Recipe: Squash Quickbread, Squash Vegetable Soup
- Activity Sheets
  - Squash Are Fun To Color!
  - What Crookneck Squash Needs to Grow
  - Counting Crookneck Squash Seeds

**Complementary themes:**

- Summer
- Vegetables
- Colors white and yellow
- Alphabet letters ‘C’ and ‘S’

- Sample unit/lesson plans
  - Suggestions only – teachers can tweak the lesson order/activities as they see fit, but they will need to stay on the same weekly lesson schedule since we’ll be delivering materials or ingredients every week
  - Books are suggested; sites can choose whatever books they want to read.
  - Everyone should have nutrition and gardening books that we delivered last year.

**Note: Arts and crafts lessons are mentioned in the sidelines of the lessons but are listed in detail at the beginning of the curriculum (in Book 1). We’ve listed page numbers for reference on your lesson plans.**



## Lesson Structure: Movement Activities

- Movement activities are listed every day
  - **Two** days a week, a CATCH lesson is listed as movement activity
  - We know some of the classrooms don't have a trained teacher, so we will provide easy suggested lessons for each CATCH activity.
  - **We ask that everyone (even if teacher is not trained) reports their CATCH activity twice a week.**
    - <https://tcciwellness.com/teacher-resource-page/cfhl-class-tracking/>



# Lesson Structure: Movement Activities

CATCH activities listed on second page of lesson plans

## Sample lesson plan for Crookneck Squash Row

(Grow It, Try It, Like It! Book 2)

### Weekly Group Planning Form

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Question of the Day</b>	Mystery Box/Bag Activity: Feel That Curvy Shape (A1, p.2-3)	Growing Activity: Crookneck Squash Starts as Seeds (B1, p.8-9)	Growing Activity: Plant a Crookneck Squash Seed (B2, p.10-11)	Growing Activity: Plant a Crookneck Squash Seed or Start Outdoors (B3, p.12-13)	Food Group Activity: Savor the Flavor of Squash – Different Types of Squash (D1, p.20-21)
<b>Read-Aloud Book Related to the study</b>					
<b>Large Group (Songs, Rhymes, Books, Activities, Music &amp; Movement, etc.)</b>	Craft Activity: Gardening Gloves	<b>Teach &amp; Report CATCH Class</b>	Craft Activity: Decorated Garden Bags	<b>Teach &amp; Report CATCH Class</b>	Craft Activity: Garden Scene Note Cards
<b>Small Group Activities Rotated Daily</b>	<b>Tasting Activity:</b> Crookneck Squash – A Look Inside (A2, p.4-5)	<b>Tasting Activity:</b> Crookneck Squash “Sandwiches” (A3, p.6-7)	<b>Movement Activity:</b> Crookneck Squash Skip (D1, p.24-25)		<b>Movement Activity:</b> Old MacDonald Had a Farm, Crookneck Squash Style (C3, p.18-19)

#### Extra Activities:

- Recipe: Squash Quickbread, Squash Vegetable Soup
- Activity Sheets
  - Squash Are Fun To Color!
  - What Crookneck Squash Needs to Grow
  - Counting Crookneck Squash Seeds

#### Complementary themes:

- Summer
- Vegetables
- Colors white and yellow
- Alphabet letters ‘C’ and ‘S’

**Go Fitness: Hearty Heart** (Page 203)

**NAME OF ACTIVITY:** Touch It

**EQUIPMENT:** none to disposable activity area and 20-34 colored pony spots and/or colored hoops

**SKILL THEMES:** Involving with a large group following directions, color recognition, bodypart recognition

**ORGANIZATION:**

1. Underline a safe activity area.
2. Scatter the hoops or pony spots randomly throughout the activity area.

**DESCRIPTION:**

1. Tell the children you are going to call out a body part and a color.
2. They are to run and touch a hopscotch spot of the correct color using that body part.
3. Combine all the spots of the hopscotch spots with all different body parts. For example:
  - Touch **RIGHT** with your **NOSE**.
  - Touch **LEFT** with your **FOE**.
  - Touch **RIGHT** with your **NOSE**.
  - Touch **LEFT** with your **HAND**.
  - Touch **YELLOW** with your **ELBOW**.

**TEACHING SUGGESTIONS:**

1. Remind children that they're to touch hopscotch spot gently and to not touch other people.
2. Model and demonstrate when necessary.
3. Have children perform a different locomotor skill (like, hop, jump, walk, and run) between each "touch" challenge.

**Go Fitness: Mighty Muscles** (Page 88)

**NAME OF ACTIVITY:** In & Out

**EQUIPMENT:** 1 hoop for child and CATCH My Movin', CATCH My Groovin' music CD or "Days of the Week" Movement Activities for Learning (by Michael Plunkett)

**SKILL THEMES:** locomotor skills (jumping & hopping); positional words (in, out, around, in front, in back, on the side); following directions

**ORGANIZATION:**

1. Children are scattered throughout the area, each standing outside a hoop.

**DESCRIPTION:**

1. Use "Jump & Hop" (track #11) from the CATCH My Movin', CATCH My Groovin' music CD or "Days of the Week" (track #3) from FitSteps and Rhythms: Movement Activities for Learning (by Michael Plunkett).
2. The music signals the children when to begin the jumping challenge.
3. Demonstrate and call out the following positional words and have the children practice listen with you.
  - in
    - on the side
  - out
    - forward and backward
  - around
    - in front
    - sideways
4. Stop the music after a brief period during which children work in place.
5. When the music starts again, encourage children to jump a different direction.

**Go Fitness: Hearty Heart** (Page 204)

**NAME OF ACTIVITY:** Touch It

**HOW TRY THIS:**

1. Use pony spots with different shapes, numbers, and/or letters on them. Tell children to touch:
  - the numbers 1, 2, 3, etc.
  - the letters a, b, c, etc.
  - something square, round, triangular, etc.
2. Try the activity outside. Have children touch different objects (e.g., a tree trunk or fence), or baskets (recess), rough, hard, soft, etc.).

**ADAPTED IDEAS:**

1. Children who use mobility devices may travel with their devices with adult supervision for safety and adult assistance.
2. Children with visual impairments may participate with a sighted guide. Emphasis may be placed on the body part instead of the color.
3. Children with auditory impairments will require modeling for success. Alternate forms of communication such as sign language or pictures may be used for clarity/communication.

GITILI Supply List for Sites

Unit: Strawberries

Delivery: Friday, July 7th

Project/Lesson	Item	Quantity per classroom
Mystery Bag	Black mystery bag with drawstring	1 per classroom
Food Demo/Tasting Activities	XL cutting board	1 per classroom
	Set of knives	11 per classroom
	Set of 3 64-oz Tupperware	1 per classroom
B1	Clear snack size Ziploc bags	~30 per classroom
B1	Magnifying glasses	~30 per classroom
<b>Fresh Ingredients</b>		
A1, A2, C1, D1	Fresh strawberries	Total of ~4 fresh per child
A3	Graham crackers	1 box per classroom
A3	Strawberry cream cheese (or plain cream cheese)	1 block or tub of cream cheese per classroom
B1	Strawberry jam	1 medium jar per classroom
B1	Crackers	1 box per classroom
D1	Fresh raspberries	~1 raspberry per child
D2	Strawberry smoothie ingredients	<ul style="list-style-type: none"> <li>• 1.5 cups Frozen strawberries</li> <li>• 1.5 cups frozen peaches</li> <li>• 1.5 cups skim milk</li> <li>• 8 oz fat free vanilla yogurt</li> </ul>
<b>Gardening Supplies</b>		
B1	Strawberry seeds	1 pack per classroom
B3	Strawberry planter	1 per classroom
B3	Ever-bearing strawberry plants	~10 plants to fill planter per classroom
B3	Potting soil	1 16-quart bag per classroom
<b>Craft Supplies</b>		
Produce placemats	• 11x17" cardstock	• Pack of 200
Row Markers	<ul style="list-style-type: none"> <li>• 5x7 inch white cardstock backing (in place of the white construction paper and corrugated cardboard rectangles)</li> <li>• Clear packing tape</li> <li>• Wooden craft sticks</li> </ul>	<ul style="list-style-type: none"> <li>• 100 pack of cardstock backing</li> <li>• Pack of 2 tape dispensers</li> <li>• Pack of 200 sticks</li> </ul>

# Supplies & Drop-offs

- Will provide lists of materials we'll be shipping to you (this includes craft and lesson materials)
- Food and Ingredients will be dropped off separately the Friday prior to the lesson week
- We will provide ingredients to conduct a couple of the recipes in the unit (but not all recipes)
  - To see what ingredients we'll provide each week, please see the "GITILI Recipe List" on our website: <https://tcciwellness.com/gitili/>

## Recipe List for Each Unit

STRAWBERRIES		
Strawberry Pizzas		
Strawberry Smoothie		
CROOKNECK SQUASH		
"Sandwiches" with Squash & Cheese		
Different Types of Squash		
CANTALOUPE		
Wedges of Different Types of Melon		
Cantaloupe Fruit Salad		

# Logistics for Remaining Lessons & Lesson Changes



- The first week of lessons will be a little different than the rest
  - All of those were delivered to your site last Friday
- The rest of the summer lessons will be shipped to you in two orders:
  - First order you can expect to arrive throughout next week
  - Second order of remaining supplies will be delivered sometime in early August
  - These won't be weekly orders so you'll need to make sure the craft supplies you receive will last you throughout the entire order
- We've moved around the craft activities, so please see our [Craft List](#) to know what supplies we'll be giving you for each craft.

**Note: I will post all of these lists on our website at [tcciwellness.com/GITILI](http://tcciwellness.com/GITILI) so you have ongoing access. Slides from this meeting will also be provided.**



## More on Supplies:

- Each site should have at least one blender from our delivery last year
- Does each site also have access to a laminator?

# Questions



## Contact Info

- Ongoing questions:
  - Call/text
    - Emily work cell: 213.474.5698
    - Talia work cell: 310.486.6734
    - Daniel work cell: 323.251.2701
  - Emails
    - [ewaldie@childrenscollective.org](mailto:ewaldie@childrenscollective.org)
    - [drodriguez@childrenscollective.org](mailto:drodriguez@childrenscollective.org)
    - [twazana@childrenscollective.org](mailto:twazana@childrenscollective.org)
    - [kfuentes@childrenscollective.org](mailto:kfuentes@childrenscollective.org)  
(Kat, new admin assistant)