

LET'S EXPLORE



WEEK

1

GROW IT

Plant an easy starter—like lettuce, basil, or green onions (which regrow easily from scraps in a glass of water).

WEEK

2

COOK IT

Pick one simple meal and assign kid-friendly jobs: washing produce, tearing lettuce, stirring, or sprinkling toppings.

WEEK

3

EXPERIMENT WITH IT

Experiment with celery! Place celery in colored water and watch it “drink.” Pair it with a snack using celery sticks and nut butter

WEEK

4

CELEBRATE IT

Cook a family or cultural recipe together (grandma’s cornbread, a holiday dish, or a meal from a favorite book or country).

TIPS FOR PARENTS

Keep activities short (15-30 minutes) – Involve all ages
– Focus on exploration, not perfection – Celebrate small wins.