Washing your hands helps keep you healthy by keeping germs from spreading from one person to another.

**Always wash your hands before:**

- Preparing food
- Eating
- Harvesting fruits, vegetables, or herbs in the garden

**Always wash your hands after:**

- Preparing food, especially raw seafood, meat, chicken, turkey, or eggs
- Using the toilet
- Touching an animal or animal toys, animal feed, leashes, or waste
- Blowing your nose, coughing, or sneezing into your hands
- Touching a sick or injured person
- Handling garbage or anything that could be dirty, such as a cleaning cloth or soiled shoes
Wash your hands with soap and water. Follow these simple steps:

• Wet your hands with warm running water.

• Apply liquid, bar, or powder soap.

• Lather well.

• Rub your hands vigorously for at least 20 seconds or about how long it takes to sing a verse of “Old MacDonald Had a Farm.” Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers, and under your fingernails.

• Rinse well under running water.

• Dry your hands with a clean or disposable towel or air dryer.

• If possible, use your towel to turn off the faucet and to pull/push open any doors.
Our body gives us important clues about the world around us:

- Our eyes tell us what things look like.
- Our nose tells us what things smell like.
- Our ears tell us what things sound like.
- Our skin tells us what things feel like.
- Our mouth tells us what things taste like.

Fill in the table below with adjectives that describe the experience of tasting fruits and vegetables.

<table>
<thead>
<tr>
<th>Vegetable/Fruit</th>
<th>Taste</th>
<th>Sight</th>
<th>Feel</th>
<th>Sound</th>
<th>Smell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaf Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaf Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaf Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swiss chard</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Now write a sentence about each fruit and vegetable, using one or more of the adjectives that you wrote down. For example: “I like apples because they are red, crisp, and sweet.”

Leaf Lettuces:

Carrots:

Strawberries:

Spinach:

Swiss chard:

Beets:

Raspberries:

Blackberries:

**Be a great garden detective! Discover what fruits and vegetables are sweetest, crunchiest, and juiciest. Share what you learned with your family.**
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 recipe? ________________________________

________________________________________________________________________

________________________________________________________________________

What part of the plant did these fruits and/or vegetables come from?

<table>
<thead>
<tr>
<th>Fruit/vegetable</th>
<th>Part of Plant?</th>
</tr>
</thead>
<tbody>
<tr>
<td>__________________</td>
<td>__________________</td>
</tr>
<tr>
<td>__________________</td>
<td>__________________</td>
</tr>
<tr>
<td>__________________</td>
<td>__________________</td>
</tr>
<tr>
<td>__________________</td>
<td>__________________</td>
</tr>
<tr>
<td>__________________</td>
<td>__________________</td>
</tr>
<tr>
<td>__________________</td>
<td>__________________</td>
</tr>
<tr>
<td>__________________</td>
<td>__________________</td>
</tr>
<tr>
<td>__________________</td>
<td>__________________</td>
</tr>
</tbody>
</table>

Write 1-2 sentences about how the recipe was prepared and what you thought about it. For example: I chopped up green peppers and carrots and added them to the tomato sauce. We put it on the spaghetti and it was delicious.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________