

Homeschool Programs

Eat a Rainbow

Grades: 1st - 3rd

Available Beginning
October

\$5.

Julie Curren, Educator

Electronic “MyPlate” introduction. Eat a Rainbow BINGO.

***Optional healthy “TRY IT” snack.
(no nuts or wheat)***



Kit includes—“Eat a Rainbow” disposable bingo cards, “MyPlate” poster with food pictures for children to add. Optional healthy “Try It “ snack, copy of Healthy Kids Plate for each child.

Label Literacy

Grades: 3rd - 6th

Available Beginning
December

\$5.

Julie Curren, Educator

Electronic “MyPlate” introduction. Electronic food label review. Label reading scavenger hunt activity.

Nutrition Facts	
Serving Size 2 tbsp. (33 g)	
Servings Per Container 7	
Amount Per Serving	% Daily Value*
Calories 20	Calories from Fat 10
Total Fat 1 g	2%
Sodium 190 mg	8%
Total Carbohydrate 2 g	1%
Protein 1 g	
Vitamin A 2%	Vitamin C 15%
Vitamin B12 4%	Vitamin B6 20%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, and calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Kit includes—1 time use labels, scavenger hunt sheets and master. Copy of Healthy Kids Plate for each child.

Think Your Drink

Grades: 3rd - 6th

Available Beginning
December

\$5.

Julie Curren, Educator

Electronic “MyPlate” introduction. Activity to visualize how much sugar is in popular drinks. Children create their own “healthier” drink.



Kit includes—Sugar measuring activity, seltzers and juice for kids to mix and sample, copy of Healthy Kids Plate for each child.

Bluebirds in NY

Grades: 2nd - 6th

Available March and April

\$15.

Julie Curren, Educator

Virtually walk the Bluebird Trail, learn Bluebird Basics through video, and get supplies to build your own Bluebird Nest Box.

(Additional nest box kits \$10 each or 3 for \$25)

Kit includes—Materials for 1 nest box, monitoring information and curriculum extensions.



Photo by Mike Dickie lencon-net.com

Life of an Apple

STEAM Unit

Grades: 1st-3rd

Available September 28

\$20.

Videos created by local Farmers, CCE Saratoga Agriculture Professionals and a local Bee Keeper

Videos

- Introduction to Pollinators by 4-H Educator Julie Curren
- Seasons of An Apple Tree
- Honey Bees and Bee Keeping

STEAM Activities and Lessons including:

- How to measure pollination success by scientific observation of an apple.
- Venn diagram and graph activities
- Anatomy of a Honey Bee
- Parts of a Flower
- Create Your Own Pollinator activity
- Vocabulary Puzzles
- Visit the Orchard

..and much more

Kit includes—Lesson outlines, background information, one-time use materials including coloring book for print or on line coloring, activity materials for creating your own pollinator, apple samples from local orchards.



Virtual Field Days

Field Days, historically, are trips to the 4-H Training Center in Ballston Spa for hands-on presentations. Last year they were offered virtually, and will be this year, unless something changes. There will be a Google Classroom format of 6-8 recorded presentations about the subject as well as electronic or print curriculum extensions for each presentation.

Environmental Field Day Grades: 3rd-6th

\$5.

Available May—June

A day of trees, water, plants, soil, and native animals. Children learn about our interdependence with the environment. Naturalists, forestry and environmental conservation professionals...

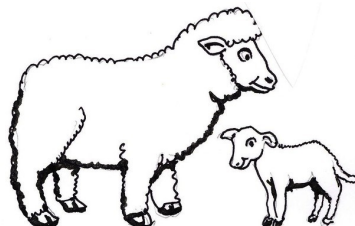


Animals, Food and Agricultural Life Field Day Grades 1st-3rd

\$5.

Available May—June

Get a close up look at animals, food and daily agricultural life. Experts present live animals, fibers and other aspects of agricultural life. Sheep, bees, horses, maple, dairy and more...



Many more units coming soon...

Stay tuned to our Facebook for unit announcements:

<https://www.facebook.com/CCESaratoga>

OR

CHECK BACK HERE!