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## Section II - Growing Healthy Kids Lesson Plans

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# Growing Healthy Kids

## Garden-Enhanced Nutrition Education

- Lesson 1 – Six Yummy Plant Parts
- Lesson 2 – Root, Root Hurray!
- Lesson 3 – Water for People and Plants
- Lesson 4 – Stand Strong with Stems
- Lesson 5 – Leaves and Fun in the Sun
- Lesson 6 – Bunches of Variety
- Lesson 7 – Healthy Harvest Celebration