



DECEMBER

- Lesson 1: "It looks Like Spilt Milk" by Charles Greenshaw
- Lesson 2: "A handful of Quiet" by Thich Nhat Hanh
- Lesson 3: "Persimmons from Seed to Supper" by Jack Hazelton
- Lesson 4: "Rain" by Carol Thompson

JANUARY

- Lesson 1: "Colors" by Smriti Prasadam-Hall
- Lesson 2: "Eat Your Colors" by Amanda Miller
- Lesson 3: "Colors, Foods for the Body" by Jill McDonald
- Lesson 4: "Taste the Rainbow" by Starbright Books

FEBRUARY

- Lesson 1: "My Very First Book of Food" by Eric Carle
- Lesson 2: "My First Big Book of Fruits and Vegetables" by BPI Publishing
- Lesson 3: "Bread, Bread, Bread" by Ann Morna
- Lesson 4: "Eat" by Roberta Grobel Intrata