

# September 2022 - Let's Eat!

Are you looking for something fun and educational to do at home? Check out these library recommended STEAM activities, programs, podcasts and more! Click the links to visit activities and books.

For more ORL STEAM content visit: [www.orl.bc.ca/steam](http://www.orl.bc.ca/steam)

## National Nutrition Week - Sept 1st to 7th

### Activities:

[Healthy Eating and Nutrition: I Can Eat a Rainbow](#) – PreK – Grade 2

[Digestive System in a Bag](#) – Elementary

[Sugar Shock!!!](#) – All Ages

### Books to Read:

[Nutrition](#) – Bill Nye the Science Guy (DVD)

[Just Try One Bite](#) - Mansbach, Adam

[Nope. Never. Not for Me!](#) - Krosoczka, Jarrett

### National Nutrition Week:

Nutritional food to be eaten by every child and adult for a healthy life is observed during this week.



# National Forest Martyrs' Day - Sept 11th

## **Activities:**

[How Does a Leaf Get Water? – Preschool](#)

[Name That Tree; Tree Scavenger Hunt – Elementary](#)

[18 Leaf Experiments & Projects for Fall – Middle School](#)

## **Books to Read:**

[The Forest – Bozzi, Riccardo](#)

[Forest, What Would You Like? – O’Garden, Irene](#)

[Why I Love the Forest – Howarth, Daniel](#)

## **National Forest Martyrs’ Day**

To recognize the sacrifice of persons who fight against deforestation and protect wildlife across the secluded corners of the world, national forest martyrs’ day is observed.



# International Red Panda Day - Sept 17th

## **Activities:**

[Red Panda Network](#) – All Ages

[Red Panda Facts for Kids](#) – Middle School

[How to Draw a Red Panda](#) – Elementary

## **Books to Read:**

[Red Panda's Candy Apples](#) – Paul, Ruth

[The Rowdy Red Panda](#)– Cobb, Amelia

[Red Pandas](#) – Gish, Melissa

## **International Red Panda Day:**

To boost awareness about red pandas.





# International Day of Sign Languages - Sept 23rd

## **Activities:**

[Handmade Pop-Up Cards](#) – Middle School

[Fun American Sign Language Games](#) – All Ages

[American Sign Language: 5 Fun Activities](#) – School Aged

## **Books to Read:**

[Sign Language ABC](#) – Heller, Lora

[Sign Language for Kids](#) – Heller, Lora

[The Kids' Guide to Sign Language](#) – Clay, Kathryn

## **International Day of Sign Languages:**

It is observed annually across the world along with the International Week of the Deaf.

