

## Garden-Enhanced Nutrition Education Resources

WebPage Title and URL	Grade Level	Type Curriculum(C); Background (B); Policy (P)	Aligned to Standards	Summary	Special Sections	Useful for these GENE sections
<b>Choose MyPlate</b> <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a>	All	C,B,P	No	This website, supported by the USDA, provides free posters, activities, and other resources, including USDA's MyPlate, a graphic representation of a balanced diet.		MyPlate MyGarden
<b>Cooking with California Foods in K-12 Schools</b> <a href="http://www.ecoliteracy.org/cooking-with-california-food">www.ecoliteracy.org/cooking-with-california-food</a>	all	C	No	This is a cookbook designed for School Food Service staff. It includes many kid-friendly recipes that feature food grown in California.	Downloadable in English and Spanish	Cooking with Kids
<b>Cooking with Kids, Inc., "Free Tasting Lessons"</b> <a href="http://www.cookingwithkids.net">www.cookingwithkids.net</a>	K-6	C, B		This bilingual resource includes downloadable tasting activity guides for apples, citrus, dried fruit, grapes and raisins, melons, peas, pears, root vegetables, salads, and tomatoes. Each crop includes a unique guide for Grades K-1, 2-3, & 4-6. Note: Free downloads require your email address.	English and Spanish	Comparative Tastings
<b>Dig In</b> <a href="http://teamnutrition.usda.gov/Resources/dig_in.html">http://teamnutrition.usda.gov/Resources/dig_in.html</a>	5-6	C	Core subjects and Health	A pack of 10 inquiry-based lessons that engage students in growing, harvesting, tasting, and learning about fruits and vegetables. It also includes a gardening guide, <i>Dig In! at Home</i> booklets for parents/caregivers, and six dynamic posters encouraging fruit and vegetable choices using themes that appeal to older elementary school children.	Teacher's guide, posters, parent booklets	Eating from the Garden, Eat a Rainbow, Cooking with Kids
<b>Feeling Fine With Fresh Food</b> <a href="http://www.lifelab.org/2012/02/feeling-fine-with-fresh-foods-lesson-packet/">http://www.lifelab.org/2012/02/feeling-fine-with-fresh-foods-lesson-packet/</a>	3-5	C	For Health Standards for 3-5	This is field trip activity guide for classes visiting the Garden Classroom at Life Lab. There are pre/post activities for teachers to do in the classroom/garden and activities students will be doing on their field trip. It is mainly focused on nutrition using the garden to explore different varieties of fruits and vegetables. Good lessons on	Knife safety rules page is useful	Cooking with Kids, Eating from the Garden

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				preparing food from the garden and learning about the basics of nutrition. Lots of edible components.		
<b>Got Veggies?</b> <a href="http://www.dhs.wisconsin.gov/health/physicalactivity/">http://www.dhs.wisconsin.gov/health/physicalactivity/</a> Click on <b>School</b> for the Got Veggies? curriculum	Designed for 2-4 but can be adapted	C	Core subjects, Health, Nutrition, and Agriculture	Basic science and nutrition for 2 <sup>nd</sup> and 3 <sup>rd</sup> graders. Focused on activities you can do in the garden to learn about plants, nutrition/health, science and some ecology. Not specific to gardening. There is a tasting included in each lesson. The “additional activities” are brief, fairly self-explanatory, and list additional resources for more information. Introduces garden and nutrition vocabulary. Almost all of the lessons could/should take place in the garden but some can be adapted to the classroom.	There are seven very simple cooking recipes at the end of the document	Comparative Tastings, Ice Breakers/Eat a Rainbow, Cooking with Kids
<b>Great Garden Detective Adventure</b> <a href="http://teamnutrition.usda.gov/Resources/gardendetector.html">http://teamnutrition.usda.gov/Resources/gardendetector.html</a>	3-4	C		An 11-lesson curriculum to help students discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. It includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.	See link for appendices, curriculum tools and teacher’s guide	Cooking with Kids, Eating from the Garden
<b>Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables</b> <a href="http://teamnutrition.usda.gov/Resources/growit.html">http://teamnutrition.usda.gov/Resources/growit.html</a>	Pre K	C, B	Milestones for 4 and 5-year-olds	This resource is specific to preschool. There are classroom, garden, and food-related activities for each of six crops: strawberries, cantaloupe, peaches, sweet potatoes, crookneck squash, and spinach. It also includes songs, videos, and visual aids. Includes a Basics Book with an overview of tips for hand washing, tasting, and gardening with young children; garden arts and crafts for young children; and a literature list.	Activities around 3 fruits and 3 veggies	Comparative Tastings
<b>Harvesting HEALTH</b>		C, B	K-8	Harvesting Health is a compilation of successful	Physical	Comparative

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<a href="http://www.northcoastnutrition.org/garden-based-nutrition-education">www.northcoastnutrition.org/garden-based-nutrition-education</a>				<p>lessons that enhance and supplement existing garden-based nutrition resources. It links garden and nutrition concepts and encourages children to be physically active every day. Lessons can be used in community gardens, schools, youth organizations, churches, and other settings.</p>	<p>activity lessons, connected to cooking and gardening</p>	<p>Tastings, Cooking with Kids</p>
<p><b>Harvest of the Month</b> <a href="http://www.harvestofthemonth.cdph.ca.gov/EdCorner/content-standards.asp">http://www.harvestofthemonth.cdph.ca.gov/EdCorner/content-standards.asp</a></p>	<p>Pre-K - 12</p>	<p>C, B</p>	<p>Yes</p>	<p>Harvest of the Month website features comparative tasting suggestions, background information, recipes, and other classroom and home activity ideas for each of 36 different fruits and vegetables, organized by the seasons in which each crop is available.</p> <p>Materials and resources are provided to support healthy food choices through increased access and consumption of fruits and vegetables as well as to encourage daily physical activity. It uniquely supports core curricular areas through exploration and study. Harvest of the Month presents a strategic opportunity to bring together the classroom, cafeteria, home and community to promote a common goal and healthier habits for students, especially those in low resource schools. Four key monthly elements: Educator Newsletters, Family Newsletters, Menu Slicks and Press Release Templates.</p>	<p>Educator Newsletters and all materials are free and downloadable online.</p>	<p>Comparative Tastings, Eat a Rainbow</p>
<p><b>Kids Cook Farm Fresh Food</b> <a href="http://www.cde.ca.gov/ls/nu/he/kidscook.asp">http://www.cde.ca.gov/ls/nu/he/kidscook.asp</a></p>	<p>2-7</p>	<p>C, B</p>	<p>Core subjects</p>	<p>This curriculum helps California classrooms make the connection from farm to table, using cooking activities, gardening activities, and information about California agriculture. There are three season units (Winter, Late Summer/Fall, Spring/Early Summer) with chapters on crops that grow during that season. Each chapter begins with</p>	<p>Introduction to California agriculture, and tips for cooking with kids in the</p>	<p>Comparative Tasting Resources, One-Bite Lessons (Carrot Orange</p>

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				background information such as how to grow the crop, nutritional content and then includes a classroom/garden lesson, recipes, and finally a California farmer profile. Lessons vary from quick and artsy to long and general such as how to set up and conduct a School Produce Stand. Cooking activities are meant to be prepared with 20 students in a classroom that has an oven with range or hot plate.	classroom, great farmer profiles	Salad) Cooking with Kids Resources, Edible Crop or Garden Plans, Making it Work
<b>MyPlate Inspires MyGarden</b> <a href="http://suite101.com/article/myplate-inspires-mygarden-a374463">http://suite101.com/article/myplate-inspires-mygarden-a374463</a>	All	C,B	No	This website provides a list of suggested plants for a MyPlate-themed garden. By planting grains, beans and other protein sources, fruits and vegetables, you can make your garden an ideal site for hands-on MyPlate lessons.		MyPlate MyGarden,
<b>One-Bite Lessons Share</b> site <a href="http://www.csgn.org/blog/2012/07/30/one-bite-lessons">www.csgn.org/blog/2012/07/30/one-bite-lessons</a>	K-12	C	No	See simple One-Bite Lessons and share your own at this site.		Eating From the Garden
<b>Seed to Salad-Cornell</b> <a href="http://blogs.cornell.edu/garden/get-activities/signature-projects/seed-to-salad/">http://blogs.cornell.edu/garden/get-activities/signature-projects/seed-to-salad/</a>	Any	C,B	No	Seed to Salad is one of several projects and lessons that are described on the extensive and comprehensive Cornell Garden-Based Learning website. This project descriptions does a good job covering how to successfully grow, harvest, and consume produce in a school salad garden.	The general website has great how-to gardening information	Comparative Tastings, Edible Crop or Garden Planning and Making it Work
<b>Three Sisters</b> <a href="http://blogs.cornell.edu/garden/get-activities/">http://blogs.cornell.edu/garden/get-activities/</a> Click on the <b>Three Sisters</b> icon.	Any		No	Three Sisters is another of several projects and lessons that are described on the extensive and comprehensive Cornell Garden-Based Learning website. The description covers some of the general concepts about growing a 3 Sisters garden and describes the origin and legend well. In the project description, there is relatively little about cooking or nutrition of corn, beans, and squash.	The general website has great how-to gardening information	Edible Crop or Garden Plan