

# FOOD EDUCATION AND GARDENING



<b>FARM TO ECE Curriculum</b>	<b>Description</b>
<u><a href="#">Farm to Preschool Curriculum, from Northeast Iowa Food and Fitness Initiative</a></u>	The Farm to Preschool Curriculum from Northeast Iowa Food and Fitness Initiative includes a multitude of teacher resources, links to posters and other visuals, cooking and gardening activity ideas, and lesson plans.
<u><a href="#">A Guide to Using the Creative Curriculum® for Infants, Toddlers, &amp; Twos to Support Farm-to-ECE Models</a></u>	For Infants, Toddlers, and Twos: by bringing farm-to-ECE learning opportunities into The Creative Curriculum® classroom, children become creative, confident thinkers and develop a foundation for lifelong healthy food choices. This resource provides simple, concrete guidance to enhance existing teaching practices that support health and wellness.
<u><a href="#">A Guide to Using the Creative Curriculum® for Preschool to Support-Farm to-ECE Models</a></u>	For Preschool: by bringing farm-to-ECE learning opportunities into The Creative Curriculum® classroom, children become creative, confident thinkers and develop a foundation for lifelong healthy food choices. This resource provides simple, concrete guidance to enhance existing teaching practices that support health and wellness.
<u><a href="#">Grow It, Try It, Like It! Nutrition Education Kit For Child Care Centers and Homes</a></u>	<i>Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care</i> is designed to help Child and Adult Care Food Program (CACFP) operators provide garden-based nutrition education for children ages 3 through 5 years old in family child care settings. From USDA.
<u><a href="#">Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care</a></u>	<i>Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care</i> is designed to help Child and Adult Care Food Program (CACFP) operators provide garden-based nutrition education for children ages 3 through 5 years old in family child care settings. From USDA.
<u><a href="#">5-2-1-0 Activities for Early Care Providers</a></u>	The “5-2-1-0 Healthy Choices Count!” campaign supports sites to make policy, systems and environmental shifts to center healthy habits. These activity resources offer ideas for how to do this in early care settings. From the Healthiest State Initiative.