

FOOD EDUCATION AND GARDENING



| K-12 Curriculum | Description |
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| <u>Growing Minds Farm to School Lesson Plans</u> | Growing Minds has developed farm to school activities that incorporate state and national curriculum. Visit their website for lesson plans, recipes, books, and other resources for each month of the school year. |
| <u>Plant It, Grow It, Eat It! Healthy Habits Take Root</u> | Get tips from the Team Nutrition on how to start a school garden. School gardens can help increase students' awareness of where foods come from and increase their preferences for fruits and vegetables. |
| <u>Learning in the Garden, Lessons from Next Step Adventure</u> | Use and adapt these K-5 lessons to help students develop mapping skills, design and conduct experiments, create graphs, and learn about life cycles. Connected to academic standards, these lessons grow academic skills throughout the whole garden year, from planning, planting, caring for and harvesting in the garden. From Next Step Adventure. |
| <u>Print and Go Activities, from Next Step Adventure</u> | Adaptable for home or school-based learning, these printable activities offer several categories for outdoor and garden-based education. From Next Step Adventure. |
| <u>Pick a better snack™ Educator lessons</u> | Pick a better snack™ brings fruits and vegetables into the classroom for kindergarten through third grade students all over Iowa. Kids learn about kiwi, spinach, zucchini, pears and more! As part of the program, kids get to see, touch, smell and taste fruits and vegetables. From the Iowa Department of Public Health. |
| <u>FoodCorps Lessons to Support Remote Education</u> | Designed for one FoodCorps service member to lead with up to 25 students (K-5th grade), FoodCorps' hands-on cooking and gardening lessons can be adapted and used at school or home by any educator. |
| <u>Sprout Scouts Leader Handbook</u> | Sprout Scouts is a kids club for elementary-aged students that links Common Core and other academic standards to food and health in fun and engaging ways. Sprout Scouts clubs are perfect for after-school programs, summer camps, or even as a classroom unit. |