

Eating From the Garden

Fourth/Fifth Grade

Here are the suggested dates for implementing the curriculum classes. They are organized according to the planting times of fruits and vegetables, and align with schools, community centers and after-school program schedules. This is the minimum amount of time recommended to best implement the nutrition and gardening activities. Meeting approximately every other week throughout the school year will allow enough time for program completion. However, meeting weekly to expand on lessons and additional activities is encouraged.

Lesson title	Content	Plants	Plant activities	Nutrition activities	Food tasting
1 Food for Growth Aug 15–Sept. 15	<ul style="list-style-type: none"> • Introduce program • How do plants produce our food? • Planting seeds and plants 	<ul style="list-style-type: none"> • Plant spinach and/or collard greens seedlings (Optional: beets, lettuce, broccoli and cauliflower) 	<ul style="list-style-type: none"> • Soil preparation • Tool use and safety • Plant seedlings • Classroom Garden Care Chart 	<ul style="list-style-type: none"> • Plants or Animals? 	<ul style="list-style-type: none"> • Carrots • Dip with garden vegetables • Prep: Carrot Raisin Salad
2 Seeds We Eat Sept. 16–Sept. 30	<ul style="list-style-type: none"> • Seeds and other plant parts we eat • Plant parts and functions • Planting seeds • Water, fertilization 	<ul style="list-style-type: none"> • Plant beets and/or turnip seeds • Weed • Water 	<ul style="list-style-type: none"> • Examine different kinds of seeds • Plant beet or turnip seeds 	<ul style="list-style-type: none"> • Plant Parts We Eat • Identifying seeds and beans we eat • Bonus: Garden Crossword Puzzle 	<ul style="list-style-type: none"> • Seed Mixture • Vegetables from different parts of the plant and dip • Prep: Trail Mix
3 Fight BAC Oct. 1–16	<ul style="list-style-type: none"> • Food safety • Life cycle of plant • Identifying weeds 	<ul style="list-style-type: none"> • Harvest sweet potatoes (planted in summer) • Weed • Water 	<ul style="list-style-type: none"> • Common weeds • Weeding the garden 	<ul style="list-style-type: none"> • Food safety • Hand washing • Washing fruits and vegetables 	<ul style="list-style-type: none"> • Sweet potatoes • Prep: Herb Garden Bruschetta
4 Nutrients for Plants and You Oct. 17–31	<ul style="list-style-type: none"> • Nutrients we need and where do we get them? • How plants get nutrients • Harvesting 	<ul style="list-style-type: none"> • Harvest turnips and beets • Weed • Water 	<ul style="list-style-type: none"> • How plants get nutrients • Pick and prepare garden produce 	<ul style="list-style-type: none"> • Nutrients We Need • Name that Nutrient • Bonus: Nutrient Word Search 	<ul style="list-style-type: none"> • Blueberries • Prep: Fruity Spread
5 MyPyramid Nov. 1–15	<ul style="list-style-type: none"> • MyPyramid food groups • Plant foods for each group 	<ul style="list-style-type: none"> • Weed • Water 	<ul style="list-style-type: none"> • Germination • Life of a plant 	<ul style="list-style-type: none"> • Identifying MyPyramid Food Groups • Match the Food Groups 	<ul style="list-style-type: none"> • Kohlrabi • Prep: MyPyramid Roll-ups or Sauteed Kohlrabi
6 Making Healthy Food Choices Nov. 16–Dec. 7	<ul style="list-style-type: none"> • MyPyramid amount recommendations • Portion control • Harvesting • When are plants ready 	<ul style="list-style-type: none"> • Harvest collard greens and all vegetables 	<ul style="list-style-type: none"> • Putting the garden to bed 	<ul style="list-style-type: none"> • MyPyramid recommended amounts for youth • Portion Size 	<ul style="list-style-type: none"> • Beets • Prep: Grated Beet Salad or Roasted Rooties



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7 Fruits & Veggies — More Matters Dec. 8–20	<ul style="list-style-type: none"> Choosing more fruits and vegetables Fiber in fresh fruits and vegetables Composting 		<ul style="list-style-type: none"> Compost process and cycle 	<ul style="list-style-type: none"> Eating a rainbow of fruits and vegetables How Much Fiber is Right for Me 	<ul style="list-style-type: none"> Kiwi Fruit Salad Prep: Fruit Combo with Lava Sauce
8 What's on a Label? Jan. 10-25	<ul style="list-style-type: none"> Reading the Food Label Cool and warm season plants 		<ul style="list-style-type: none"> Choosing plants for local climate Rain gauges and rain barrels 	<ul style="list-style-type: none"> Comparing food labels on foods Bonus: Fruit and Vegetable Bingo 	<ul style="list-style-type: none"> Mango Fruit Salsa
9 Get Physically Active Feb. 8-28	<ul style="list-style-type: none"> Importance of physical activity Different types of exercises Choosing a garden location Transplants 	<ul style="list-style-type: none"> Plant lettuce seeds indoors (Optional: spinach, broccoli and cauliflower)	<ul style="list-style-type: none"> Look at varieties of vegetables Starting transplants 	<ul style="list-style-type: none"> Physical Activity Reading pulse rate Activity Log Bonus: Physical Activity Puzzle 	<ul style="list-style-type: none"> Jicama Prep: Fruit drink or smoothie
10 Eat Right. Exercise. Have Fun. March 1-15	<ul style="list-style-type: none"> Setting goals for healthy choices Photosynthesis 	<ul style="list-style-type: none"> Water seedlings 	<ul style="list-style-type: none"> Photosynthesis 	<ul style="list-style-type: none"> Eat Right. Exercise. Have Fun. Goal Setting 	<ul style="list-style-type: none"> Avocado Prep: Guacamole
11 We Need a Plan March 16-31	<ul style="list-style-type: none"> Plants need room Square-foot gardening Plan the garden 	<ul style="list-style-type: none"> Plant lettuce, carrots and strawberries outside 	<ul style="list-style-type: none"> Transplanting Plant seeds for taking home 	<ul style="list-style-type: none"> Washing fruits and vegetables How do we store fruits and vegetables 	<ul style="list-style-type: none"> Nectarine Prep: Freezer Strawberry Jam or Frozen Grapes
12 Consumerism April 15-30	<ul style="list-style-type: none"> Advertisements influence our food choices Butterflies and Propagation Good and Bad Insects Safe pest control 	<ul style="list-style-type: none"> Weed Water 	<ul style="list-style-type: none"> Insect ID and roles of insects in life cycle Bug Box Bonus: Don't Bug Me Puzzle 	<ul style="list-style-type: none"> Consumerism Media and advertisements Making an advertisement for fruits and veggies 	<ul style="list-style-type: none"> Fresh spinach and herbs Prep: Strawberry Spinach Salad or Coleslaw
13 Garden Celebration May 16-31	<ul style="list-style-type: none"> Nutrition review Harvesting vegetables Post test 	<ul style="list-style-type: none"> Harvest lettuce Plant sweet potatoes for fall harvest 	<ul style="list-style-type: none"> Recognizing mature vegetables Putting garden to bed 	<ul style="list-style-type: none"> Nutrition Review game Prepare vegetables from garden 	<ul style="list-style-type: none"> Prep: salad, Skillet Pizzas, Veggie pillows, or lettuce wraps with vegetables from garden
Make-up week: May 1-15 Lessons that include outdoor gardening activities that are postponed or cancelled (because of weather, field trips, etc.) should be rescheduled as soon as possible to stay close to planting and harvesting recommendations.					