



A nutrition and gardening program for fourth/fifth grade

Eating From the Garden

The *Eating From the Garden* program provides research-based information to high-needs youth in schools and community programs. Through nutrition and gardening activities, *Eating From the Garden* hopes to increase consumption of fruits and vegetables. With help from area partners and volunteers, the program also promotes healthier food choices, gardening knowledge and physical activity.

1. **Food for Growth:** Introduction of program and an understanding of how the food we eat relates to plants. Students look at soil preparation, soil makeup, and garden tools and safety. Children will plant seedlings.
2. **Seeds We Eat:** Students examine different kinds of seeds and learn what plant parts we eat in relation to fruits and vegetables. They will also learn that seeds provide nutrients for the plant and for their own health. Children will also plant seeds.
3. **Fight BAC:** The importance of washing hands and the foods we eat. Children will also learn the importance of caring for plants and identify common weeds.
4. **Nutrients for Plants and You:** Overview of the nutrients we need and how plants get nutrients. Students learn when plants are ready for harvest.
5. **MyPyramid:** Children are encouraged to eat and grow foods from the five food groups. Overview of the foods we can grow in each group. They will learn about the life cycle of a plant and how seeds are created.
6. **Making Healthy Food Choices:** Students look at portion size and eating lots of fruits and vegetables for health. They will also learn about putting the garden to bed after harvesting.
7. **Fruits and Veggies — More Matters:** Students will learn the importance of eating a rainbow of fruits and vegetables, and amounts to include in their daily diets. Students learn about composting and decomposition.
8. **What's on a Label?:** Students read labels to make healthier choices. They also look at seed packet labels or an overview of why we have varieties and choosing plants to grow for food. Nutrients and characteristics in warm season and cool season plants are discussed. Students also look at rainfall for the area.
9. **Get Physically Active:** Gardening is a form of physical activity. An overview of choosing a garden site and transplanting plants. Look at varieties of vegetables that can be planted. Students plant seeds to grow indoors to transplant outside later.
10. **Eat Right. Exercise. Have Fun.:** Students will set goals for a healthier lifestyle. Students learn about how plants get their food through photosynthesis.
11. **We Need A Plan:** Demonstrate washing fruits and vegetables and storing them correctly. Plants need room to grow — students will learn about square-foot gardening and plant spacing.
12. **Consumerism:** Students look at how the media influences food choices. Overview of good and bad insects, identifying insects and the role of insects in the life cycle.
13. **Garden Celebration:** Students will learn about harvesting vegetables, and the importance of nutrients contained in produce and good for their diets.