



### Curriculum Basics

- ▶ Target audience:
  - Low-income, elementary-aged youth
  - Can be adapted for older students
- ▶ School year or growing season
- ▶ New or existing garden, containers or in-ground

PSMD MARYLAND EXTENSION

Growing Healthy Habits: Nutrition Education Curriculum

### Session Goals

- ▶ To describe the components of the Growing Healthy Habits curriculum, and how the units and lessons have been designed to promote easy adoption by youth gardening sites
- ▶ To provide attendees with an overview of the curriculum content and how gardening is linked to nutrition education
- ▶ To highlight how the curriculum can be taught directly by Extension faculty as well as by trained-trainers working with our audiences in the field

PSMD MARYLAND EXTENSION

Growing Healthy Habits: Nutrition Education Curriculum

### Session Outline

- ▶ Nuts and bolts of the Growing Healthy Habits (GHH) curriculum
- ▶ Linking to the garden
- ▶ Unit descriptions
- ▶ Insights from the field
- ▶ Questions and discussion

PSMD MARYLAND EXTENSION

Growing Healthy Habits: Nutrition Education Curriculum

### Nice to see you!

PSMD MARYLAND EXTENSION

Growing Healthy Habits: Nutrition Education Curriculum

### GHH Nuts and Bolts

- ▶ Curriculum is meant to provide easy-to-adopt lessons to creatively meet VSC requirements
- ▶ Uses gardening as the vehicle for teaching nutrition concepts
- ▶ Lessons are all classroom-based; garden is used to demonstrate/reinforce concepts and as a source of ingredients

PSMD MARYLAND EXTENSION

Growing Healthy Habits: Nutrition Education Curriculum

## GHH Nuts and Bolts

- ▶ Curriculum includes:
  - Curriculum introduction
  - 36 lessons within nine units
  - Appendix
  - Student Garden Journals



## GHH Nuts and Bolts: Curriculum Intro

- ▶ Please read!
- ▶ Materials lists, tips, funding strategies
- ▶ Charts of VSCs covered throughout curriculum



## GHH Nuts and Bolts: Units

- ▶ Each unit includes the same components:
  - Introductory materials
  - Four lessons



## GHH Nuts and Bolts: Units

- ▶ Unit Introduction:

Brief overview

Teacher vocabulary for each lesson

Technical background for teacher understanding

QuickTime™ and a decompressor are needed to see this picture.



## GHH Nuts and Bolts: Units

- ▶ Unit Introduction:

Linking to the Garden (described later)



## GHH Nuts and Bolts: Units

- ▶ Unit Introduction:

QuickTime™ and a decompressor are needed to see this picture.



### GHH Nuts and Bolts: Units

▶ Lessons:

- Each unit includes one introductory lesson and two follow/up reinforcement lessons
- One of the first three lessons includes a demonstration of a healthy recipe
- Fourth lesson is a journal prompt

QuickTime™ and a decompressor are needed to see this picture.

Growing Healthy Habits: Nutrition Education Curriculum

### GHH Nuts and Bolts: Units

▶ Each lesson follows the same format:

- Time required to complete the lesson
- Brief description of what goes on in the lesson
- Learning objectives
- Materials to collect for the lesson
- Prep required for the lesson
- Detailed lesson process

QuickTime™ and a decompressor are needed to see this picture.

Growing Healthy Habits: Nutrition Education Curriculum

### GHH Nuts and Bolts: Units

▶ Gather and Set-up

QuickTime™ and a decompressor are needed to see this picture.

QuickTime™ and a decompressor are needed to see this picture.

Growing Healthy Habits: Nutrition Education Curriculum

### GHH Nuts and Bolts: Units

▶ Activity process

- Introduction
- Engagement
- Activity

QuickTime™ and a decompressor are needed to see this picture.

QuickTime™ and a decompressor are needed to see this picture.

Growing Healthy Habits: Nutrition Education Curriculum

### GHH Nuts and Bolts: Units

▶ Activity process

- Green bubbles

QuickTime™ and a decompressor are needed to see this picture.

Growing Healthy Habits: Nutrition Education Curriculum

### GHH Nuts and Bolts: Appendix

- ▶ UME Fact Sheets and resources
- ▶ Garden budgeting and planning documents

Growing Healthy Habits: Nutrition Education Curriculum

## GHH Nuts and Bolts: Student Garden Journals

- ▶ Student Garden Journals  
For each unit:
  - Student Vocabulary
  - Recipe
  - Journal prompt and space for response



## Linking to the Garden

## Linking to the Garden

QuickTime™ and a decompressor are needed to see this picture.

## Linking to the Garden

- ▶ Suggests best activities to reinforce unit content
- ▶ Gardening never required to complete a lesson
- ▶ Find time for day-to-day maintenance separate from lessons
- ▶ Recipes/activities can be adapted to fit the season
- ▶ All recipes can substitute whatever garden produce you have available, and supplemented with purchased produce

## Unit Descriptions

- ▶ What's so Great about Gardening?
- ▶ Parts of the Plant that We Eat
- ▶ Feed the Soil...and the Soil Will Feed You!
- ▶ Variety: The Spice of Life!
- ▶ Plan Your Planting
- ▶ Seed Magic
- ▶ Keep it Growing
- ▶ Healthy HarveSt
- ▶ The Great Green Garden Gym

## Unit Descriptions

- ▶ What's so Great about Gardening?
  - Key concepts:
    - MyPyramid Fruit and Vegetable Recommendations
    - There are many barriers to fruit and vegetable consumption
    - Gardening helps overcome these barriers
    - Food activity: Tomato Taste Test

### Unit Descriptions

- ▶ Parts of the Plant that We Eat
    - Key concepts:
      - Plants provide healthy foods
      - Plants have different parts that help them grow and reproduce
      - Plant foods come from one of six plant parts
- Food activity: Plant Parts Salad



GHH May 5, 2009 Training

### Unit Descriptions

- ▶ Feed the Soil...and the Soil Will Feed You!
    - Key concepts
      - Plants and humans require nutrients in order to survive
      - Humans obtain nutrients from food, plants obtain nutrients from soil
      - Nutrients in the soil must be replenished so plants can continue to grow
- Food activity: Soil Salad



GHH May 5, 2009 Training

### Unit Descriptions

- ▶ Variety: The Spice of Life!
    - Key concepts
      - Diversity in the diet is important to good health
      - Diversity in the garden helps ensure a healthy harvest
- Food activity: Confetti Spaghetti



GHH May 5, 2009 Training

### Unit Descriptions

- ▶ Plan Your Planting
    - Key concepts:
      - Plants need different amounts of light, heat, water, nutrients, and space
      - Planning helps ensure that a gardeners time, money, and effort results in providing healthy foods from the garden
- Food activity: Garden on a Plate



GHH May 5, 2009 Training

### Unit Descriptions

- ▶ Seed Magic
    - Key concepts
      - Seeds store energy so that the baby plant can start growing
      - When humans eat seeds, they give our body energy
      - Understanding seed anatomy helps us plant seeds properly
- Food activity: Seed Salad



GHH May 5, 2009 Training

### Unit Descriptions

- ▶ Keep it Growing
    - Key concepts
      - Gardens require maintenance in order to produce healthy foods
      - Water is important in our bodies and in the garden
- Food activity: Fizzy and Fruity Water



GHH May 5, 2009 Training

## Unit Descriptions

- ▶ Healthy Harve\$t
  - Key concepts
    - Gardens can help save money on food budgets
    - Gardens require the input of time, resources, and labor
    - Saving money through gardening requires gardening knowledge and wise spending on garden inputs
  - Food activity: Garden Stirfry or Harvest Fajitas



GHH May 5, 2009 Training

## Unit Descriptions

- ▶ The Great Green Garden Gym
  - Key concepts:
    - Good nutrition includes eating the proper amount of nutrients as well as using the energy in our food to be physically active
    - Gardening provides nutrients and energy as well as a way to be physically active
  - Food activity: Energy Smoothies



GHH May 5, 2009 Training

## Using GHH as Train-the-Trainer

- ▶ First lesson of each unit is introductory, more in depth
- ▶ Second through fourth lessons are follow up/reinforcement
- ▶ Provides structure for gradually training others to teach lessons on their own



## Using GHH as a Classroom Teacher!

- ▶ It's ALL included!
  - Worksheets, food pictures, recipes
- ▶ Careful thought regarding teachers' access to resources
- ▶ Lesson write ups can be abandoned after a few times, but are useful in the beginning



## Questions and Discussion

