

SNAP-Ed Recommended Gardening Curricula and Resources

Title	Description	Adults	K-8	CACFP	Gardening	My Plate	My Pyramid	Protein	Whole Grain	Fruit/Veggies	Dairy	Physical Activity (PA)	Dietary Guidelines (DG)	SNAP Outreach	COST
1. Botany on Your Plate	<ul style="list-style-type: none"> Introduces the world of plants through foods we eat. Children explore edible roots, stems, leaves, flowers, fruits, and seeds through observation, dissection, journaling, discussion of findings, and tasting. Supports standards in nutrition, math, language arts, and social studies. Grades K-4. http://www.gardeningwithkids.org/botany-on-your-plate.html 		X	X	X					X				No	\$21.95
2. Early Sprouts	<ul style="list-style-type: none"> Encourages young children to eat more vegetables by planting, harvesting, and preparing their own organically grown produce. The book assists you in designing and caring for gardens, provides sensory exploration and cooking activities, and promotes healthy eating at home and at school. Pre - K http://www.earlysprouts.org/ 			X	X					X		Discusses and provides PA		No	\$24.95
3. Farm to Table and Beyond	<ul style="list-style-type: none"> Students engage in hands on activities of matter in nature, explore and analyze their personal food choices through scientific reasoning, and apply their learning through discussions and debates. Includes teacher lesson plans, background information, teaching tips, and tools for assessment; student activity sheets and readings. Grades 5-6. On SNAP-Ed Connection website: http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=490 		X	X	X					X				No	\$34.95
4. Farm to Fork Activity	<ul style="list-style-type: none"> Farm to fork activity book that teaches children the stages; planting, growing, harvesting, growing, transporting, processing, purchasing. Grades: Preschool thru second (advertised for ages 4-6) http://www.pbhcatalog.org/ixxocart/products/Farm_to_Fork_Activity_Book-50-33.html 		X		X					X		No	No	No	1.25 per book
5. Grow, Eat, Thrive – Growing Gardens for Health	<ul style="list-style-type: none"> Curriculum for grades K-5 that partners nutrition, container gardening and physical activity to teach children about the benefits of fruits, vegetables, and daily exercise. Grades: K-5 http://www.groweatthrive.org/ 		X		X					X		Discusses and provides PA		No	\$25.00 plus shipping

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6. Growing Food	<ul style="list-style-type: none"> In this inquiry-based curriculum, students learn science through the study of our food production system. Students learn about cycles in nature, flow of energy, and food systems, while engaging in hands-on investigations of photosynthesis, food webs, agriculture, and more. On SNAP-Ed Connection website http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=489 		X	X	X					X				No	\$34.95
7. Growing Healthy Habits	<ul style="list-style-type: none"> Gardening and nutrition education curriculum for elementary aged youth. This resource focuses on integrating nutrition into the classroom through gardening and scripted lessons that meet science, language arts, social studies, health, and math objectives. On SNAP-Ed Connection website http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=564 		X	X	X					X				No	FREE
8. Junior Master Gardener (JMG)	<ul style="list-style-type: none"> Engages children in group and individual learning experiences that promote a love of gardening, and develop an appreciation for the environment. JMG encourages youth to be of service to others through service learning and leadership development projects and rewards them with certification. http://www.jmgkids.us/ 		X		X					X				No	Cost Varies
9. Junior Master Gardener Addition: Health and Nutrition from the Garden	<ul style="list-style-type: none"> This addition to the Junior Master Gardener series is packed with basic gardening information that includes growing techniques, food safety, healthy eating tips, and nutritious snack food preparation. This book is a great tool for educators who use garden programs to teach students about health, nutrition, food safety, and wise decision-making skills. Grades 3-5. http://www.gardeningwithkids.org/health-and-nutrition-from-the-garden.html 		X	X	X					X				No	\$49.95
10. Nutrition to Grow	<ul style="list-style-type: none"> Nine lessons are designed to teach children and their families about nutrition by relating each lesson to a garden activity. Curriculum uses the garden to integrate disciplines, including science, math, language arts, history, environmental studies, nutrition, and health. Grades: 4 -6 http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp 		X		X									No	FREE

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11. Sowing the Seeds of Wonder	<ul style="list-style-type: none"> • Through these hands-on activities, preschool-age children will engage all of their senses as they discover the joys of gardening. • Young students will develop a lifelong connection to the outdoors as they dig into the soil; observe birds, insects, and other critters in the garden; and enjoy the tastes of fresh fruits and vegetables they have helped to plant, harvest, and prepare. Grade: PreK • http://www.gardeningwithkids.org/sowing-the-seeds-of-wonder.html 			X	X					X		No		No	\$16.95