

August: Back to School in the Garden

Materials

Poster board, worksheet

Preparation

Dedicate an area on your walls to the garden. By following this curriculum, your class will be creating four posters, and it's nice if they're all grouped together into one "Garden Corner". The Garden Rules poster is the only one that needs to be created before the lesson begins.

Activity - 30-45 minutes

Garden Rules - 5 minutes

Let your class know that they will be working out in the garden this year! Working out in the garden can be super fun, but there are a few rules that need to be followed.

Point out the Garden Rules poster on the wall and discuss the rules with the class.

Wasatch Community Gardens uses the following rules, but feel free to come up with your own!

1. Be respectful and always listen carefully when we are out in the garden
2. Keep your feet on the pathways
3. Pick and eat only what you are invited to pick and eat
4. Don't kill any bugs, insects or animals while you are out in the garden

Garden Tour - 10 minutes

Go out to the garden to observe what is growing. Explain that the students in your last class planted the plants that are in the garden bed, but that this class gets to eat them! You are going to 'pay it forward' in the spring when you will plant the beds for next years' students. Practice the garden rules by trying to find bugs (but not kill them!), keeping feet on pathways as you walk through the garden, and pulling weeds NOT plants. Explain that the plants that are in the bed are not quite ready to eat, but next month we will be harvesting them.

Worksheet - 10 minutes

Now that we've seen the garden, let's discuss nutrients. Write the words nutrition and nutrients on the board. Have the class discuss what they are. (Nutrition is understanding that what we eat affects our health. Nutrients are the foods we eat: the vitamins, minerals, carbohydrates, proteins, fats, and water that keep our bodies functioning.)

One way to be healthy is to get plenty of nutrients. Discussion: Ask the class if they know how to get a variety of nutrients. You get them by eating a wide variety of foods! Can the class name all the different categories of foods and an example from each one? Do they know some key nutrients from each food group, i.e. calcium from dairy, Vitamin C from fruits, iron from proteins, carbohydrates from grains, etc. It is helpful to have a MyPlate poster on the wall to help students visualize the food groups.

Throughout the year, we are going to be learning about the different nutrients that we get from the vegetable food group. This is because vegetables are what we are going to grow out in the garden! The way to get a wide variety of nutrients from a single food group is to eat lots of different colors of vegetables (which we will be doing!) Discussion: Can the class come up with different colored vegetables, i.e. red - radish, orange - carrot, yellow - squash, green - spinach, purple - beets, etc.

Name _____ Date _____

Write 3 sentences describing what you saw out in the garden:

What is nutrition?

What are nutrients?

Name three nutrients:

Can you name three different colored vegetables? Do you know what *nutrients* they contain?
