

Farm to School Curriculum Resources

DEVELOPED CURRICULUM

Kindergarten Initiative for Healthy Eating

The Kindergarten Initiative works with kindergarten students in the classroom, integrating nutrition concepts into the regular school curriculum as well as providing healthy fruit and vegetable snacks grown by local farmers.

- Ages: Pre-K and K
- Cost: Free
- Topics: Food, farms, and nutrition
- For: Educators, Parents
- Highlights: Includes activities, how to implement in your area
- http://thefoodtrust.org/uploads/media_items/the-kindergarten-initiative.original.pdf

Early Sprouts: Gardening and Nutrition for Young Children

This program from Keene State College in New Hampshire features a 24-week gardening and nutrition curriculum that addresses young children's inherent fear of new foods through multiple exposures to target fruits and vegetables.

- Ages: Pre- K
- Cost: The *Early Sprouts* book, available for purchase (\$24.95) on the website or through Amazon.
- Topics: The model engages preschoolers in all aspects of planting, preparing, and eating organically grown produce.
- For: Educators, Parents
- Highlights: Provides directions for designing and caring for gardens, recipes children can help prepare, and ways to involve the whole family in making healthy food choices. The activities used in this 24-week program can be tailored to fit any early childhood program, climate, or geographical region.
- <http://www.earlysprouts.org/>

Ecotrust Compilation of Farm to Preschool

This is a PowerPoint presentation with diverse resources for Pre-K curriculum

- Ages: Pre-K
- Cost: Varied upon resources within presentation
- Topics: Food, Nutrition, School Gardens
- For: Educators, Parents
- Highlights: Wide range of topics
- <http://www.ecotrust.org/farmtoschool/downloads/Farm-to-Preschool-Curriculum.ppt>

Food Hub

Tools, resources, and though leadership in regional food.

- Ages: All ages, separated into Pre-K, K, Elementary, Middle, and High School
- Cost: Free
- Topics: Healthy eating, gardening, sustainable agriculture and nutrition
- For: Educators
- Highlights: Hands on lessons

Farm to School Curriculum Resources

- <https://food-hub.org/knowledgebase/browse/24>

USDA Discover MyPlate Nutrition Education for Kindergarten

Discover MyPlate is fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles.

- Ages: Kindergarten
- Cost: Free
- Topics: Food groups, identifying feelings of hunger and full, balanced meals & healthy snacks
- For: Educators
- Highlights: Mini-books, cookbooks, and workbooks available
- http://teamn nutrition.usda.gov/Resources/dig_in.html

Growing Minds Farm to School

A program of the Appalachian Sustainable Agriculture Project, the lesson plan webpage has materials for educators including activities listed by grade level and topic, as well as teacher planning resources. There is also a great list of children's literature relevant to garden and farm-based activities.

- Ages: Infant to grade 3
- Cost: Free
- Topics: Lifecycles of garden bugs, recipes for learning
- For: Educators, Parents
- Highlights: Hands on activities
- <http://growing-minds.org/lesson-plans/>
- <http://growing-minds.org/childrens-literature/>

Eat.Think.Grow. Curriculum: Lessons for the School Garden

Provides short-term and long-term support for school garden education and farm to school programs in the Pacific Northwest.

- Ages: K-5
- Cost: Free
- Topics: School gardens, life-cycles, plant diversity, seasonality
- For: Educators, Parents
- Highlights: Lessons include handouts, coloring sheets, worksheets, step by step instructions, etc. Each lesson also clearly states which Oregon Department of Education benchmarks can be met with the lesson.
- www.eatthinkgrow.org

Eat.Think.Grow's Oregon Fruit and Vegetable Activity Sheets

These activity sheets created for use by Portland Public Schools are available for download in PDF form here under the heading *In the Classroom*.

- Ages: Grades K-5
- Cost: Free
- Topics: Specific fruit and vegetable worksheets; carrots, , grapes, strawberries, ex.
- For: Educators

Farm to School Curriculum Resources

- Highlights: Activity sheets are Oregon-based and include asparagus, berries, cabbage, corn, parsnips, pears, potatoes, and radishes. Each fruit and vegetable includes a sheet for grades K-2 and another for grades 3-5.
- <http://www.pps.k12.or.us/departments/nutrition/>

CHANGE Curriculum: Interdisciplinary Nutrition Education

Created by Washington State University's King County Extension, the CHANGE Curriculum can be downloaded in PDF format.

- Ages: Grades 1-5
- Cost: Free
- Topics: Nutrition education with reading, writing, math and science studies, while providing hands-on learning in cooking and gardening
- For: Educators, Parents
- Highlights: Each lesson outlines time, objectives, prep, vocabulary, discussion questions, and additional resources.
- <http://www.wafarmtoschool.org/Page/41/School-Gardens-Activities-and-Education>

REAP Food Group

This Wisconsin Farm to School Program has a variety of curriculum for all ages.

- Ages: Elementary, geared toward grades 3-5
- Cost: Free
- For: Educators
- Topics: Chef in the classroom, snack programs, routes of food, nutrient cycles
- Highlights: English and Spanish materials
- http://www.reapfoodgroup.org/cooking_local_in_classroom/cookbookindex.html#/1/

Linking Food and the Environment (LiFE)

Linking Food and the Environment is an inquiry-based science and nutrition program that was created as a collaborative effort between the Science Education and Nutrition Education programs at Teacher's College Columbia University, New York.

- Ages: Grades 4-8
- Cost: Purchase
- Topics: Activities integrate the study of food, food systems, and environmental and personal health.
- For: Educators, Parents
- Highlights: Three teacher manuals (grades 4-6, 5-6, and 6-8) are available for purchase individually or as a series, each with a free lesson available for preview online. Manuals include lesson plans, teaching tips, student activity sheets, and matrix showing links to National Science Education Standards and Benchmarks for Science Literacy.
- <http://blogs.tc.columbia.edu/cfe/education/nutrition-curriculum/>

Going Locavore: Teaching students about the benefits of food produced locally

Short article in the journal Science Scope that includes 4 science-based activities to engage students on the topic of eating local foods.

- Ages: Grades 6-8
- Cost: 0.99 for non-members, free for members

Farm to School Curriculum Resources

- Topics: Exploring a locavore diet
- For: Educators
- Highlights: The article describes the need for a locavore diet and presents three activities that help students understand the benefits of consuming food produced locally; and hones critical-thinking skills in the process.
- http://www.nsta.org/store/product_detail.aspx?id=10.2505/4/ss10_033_05_52

Toward a Sustainable Agriculture

This curriculum for high school students developed by the Center for Integrated Agricultural Systems from the University of Wisconsin includes six separate modules focusing on different aspects of sustainable agriculture.

- Ages: Grades 9-12
- Cost: Free
- Topics: Sustainable agriculture, organic agriculture, and markets
- For: Educators
- Highlights: All modules include projected outcomes, background lessons, activities, homework assignments, and evaluation materials. If preferred, a CD of curriculum can be ordered via the website for \$5.
- <http://www.cias.wisc.edu/curriculum/index.htm>

Food for Thought

Oregon State University's College of Agricultural Sciences developed the Food for Thought curriculum for high school students.

- Ages: Grades 9-12
- Cost: Free
- Topics: Reading comprehension and hands-on activities for science, social studies, and language arts, all linked to the state's educational benchmarks.
- For: Educators
- Highlights: Most of the activities can be completed during one class period; they are flexible enough to fit into existing lesson plans.
- <http://oregonprogress.oregonstate.edu/fall-2009/food-thought-curriculum>

French Fries and the Food System: Connecting Youth with Farming (grades K-12, for purchase)

This year-round agricultural curriculum features original lessons written and developed by The Massachusetts-based Food Project's growers and educators.

- Ages: Grade K-12
- Cost: For purchase, \$24.95
- Topics: Organized by season, the material teaches youth how to develop a deep understanding of and appreciation for the land and local food systems
- For: Educators
- Highlights: Lessons can be done both indoors and outdoors and can be easily adapted by instructors working in school-based plots, urban food lots, and environmental education programs.
- <http://thefoodproject.org/books-manuals>

Farm to School Curriculum Resources

K-12 MyGarden Lesson Plans

Written by teachers and reviewed by horticulturists and nutritionists.

- Ages: Grades K-12
- Cost: Free
- For: Educators
- Topics: Each lesson contains gardening and nutrition information and activities within a specific content area: English Language Arts; Math; Science or Social Studies.
- Highlights: Downloadable pdf lesson plans
- <http://collaboratingclassrooms.ath.cx/?garden=/nutrition§ion=curriculum>

How to Make a Farm a Classroom for a Day

Developed by Washington State University's King County Extension this resource includes all considerations for organizing an educational field trip.

- Ages: Grades K-12
- Cost: Free
- Topics: Using a field trip to help kids identify nutritious, wholesome food by connecting schools with local farms/food.
- For: Teachers, farmers, parents, and community members
- Highlights: Includes considerations such as timing your farm visit, finding a farm, meeting school requirements, getting to the farm, understanding farm etiquette, activities and their safety measures, and identifying educational themes.
- <http://www.wafarmtoschool.org/Content/Documents/FarmFieldTripFactSheet.pdf>

Agriculture in the Classroom

Tailored to each state Agriculture in the Classroom is generally aimed includes links to state agricultural information, lessons, activities, and other resources.

- Ages: Grades K-12
- Cost: Free
- For: Educators
- Topics: All aspects of agriculture
- Highlights: Lessons of the month and Nevada Ag Poster Series
- <http://www.agclassroom.org/nv/>

Farm to School and School Gardens

This is a resource list/collection of documents from USDA National Agriculture Library on farm to school and school gardening. Educational resources vary in age range and topic.

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/farmtoschool.pdf>

Growing School Gardens

This online network is sponsored by The Edible Schoolyard Project, Life Lab, National Farm to School Network, and Scotties Trees Rock. It is free to be a member and there is a variety of resources for all things farm to school.

<http://www.edweb.net/schoolgardens>

Farm to School Curriculum Resources

DESIGN YOUR OWN CURRICULUM

Linking Food, Culture, Health & the Environment

Published by the Center for Ecoliteracy in Berkeley, this visual guide for educators shows how an enriched school environment can enhance student understanding of personal well-being and the natural world.

- Ages: K-12
- Cost: Free
- For: Educators
- Topics: Includes chapters on connecting school lunch to the curriculum, designing curriculum, exploring food across curriculum, and mapping student learning goals
- Highlights: Aligns with state standards and integrates topics across disciplines. Guide may be downloaded.
- <http://www.ecoliteracy.org/downloads/linking-food-culture-health-and-environment>

LESSONS FOR SPECIFIC FRUITS AND VEGETABLES

California Harvest of the Month Fruit and Vegetable Materials

Produced by the Network for a Healthy California, the California Harvest of the Month program includes free educator newsletters, family newsletters, and menu slicks for more than 30 different fruits and vegetables from pears to persimmons

- Ages: Pre-K to grade 12
- Cost: Free
- For: Educators, families, and food service staff
- Topics: Seasonal fruit and vegetable materials/posters including nutrition information, classroom activities, and recipes
- Highlights: English and Spanish materials
- <http://www.harvestofthemonth.cdph.ca.gov/download.asp>

Eat.Think.Grow's Oregon Fruit and Vegetable Activity Sheets

These activity sheets created for use by Portland Public Schools are available for download in PDF form under the heading *In the Classroom*.

- Ages: Grades K-5
- Cost: Free
- For: Educators
- Topics: Activity sheets are Oregon-based and include asparagus, berries, cabbage, corn, parsnips, pears, potatoes, and radishes
- Highlights: Each fruit and vegetable includes a sheet for grades K-2 and another for grades 3-5.
- <http://www.pps.k12.or.us/departments/nutrition/>

Oregon State University Deschutes County Extension Service Healthy Harvest Curriculum

- Ages: Grade 4
- Cost: Free
- For: Educators
- Topics: Lesson plans for 9 different fruits and vegetables: apples, blueberries, broccoli, carrots, corn, pears, raspberries, pumpkins, and watermelon.

Farm to School Curriculum Resources

- Highlights: learning objectives, directions, discussion questions, list of materials and suggestions for parent handouts.
- <http://extension.oregonstate.edu/deschutes/enjoying-our-healthy-harvest>

John Hopkins - Teaching the Food System

- Ages: Middle and High school
- Cost: Free
- For: Educators
- Topics: Relationships among food, public health, equity and the environment.
- Highlights: This multidisciplinary curriculum explores topics appropriate for integration into classes covering social studies, environmental science, biology and nutrition.
- <http://www.jhsph.edu/research/centers-and-institutes/teaching-the-food-system/>

GARDEN-BASED CURRICULUM

Veggies for Kids - 2nd Grade Lesson Plans

[http://www.unce.unr.edu/publications/files/hn/2008/cm0810.pdf#search="veggies for kids"](http://www.unce.unr.edu/publications/files/hn/2008/cm0810.pdf#search=)

Veggies for Kids – 3rd Grade Lesson Plans

[http://www.unce.unr.edu/publications/files/hn/2008/cm0810.pdf#search="veggies for kids"](http://www.unce.unr.edu/publications/files/hn/2008/cm0810.pdf#search=)

Composting – Grades 4-5

http://nysipm.cornell.edu/teaching_ipm/sole/green_sci/composting.pdf

Food Miles, Growing Food Connections – Grades K-8

<http://www.kidsgardening.org/>

Green Education Foundation, Lesson Plans - Preschool-Grade 12

<http://www.greeneducationfoundation.org/greenthumbchallengesub/curriculum-and-activities/curriculum.html>

Lesson Plans and Curricula for K-12

<http://www.csgn.org/curriculum>

California School Garden Network Curriculum Resource Page

This curriculum resource page was compiled by the University of California Division of Agriculture and Natural Resources Garden-Based Learning workgroup.

- Ages: Grades K-12
- Cost: Free
- For: Educators
- Topics: Food , land and People; Garden Mosaics; King Corn; and more

Farm to School Curriculum Resources

- It provides over one hundred garden-based lessons to create, expand, and sustain garden-based learning experiences. It offers practical ideas and resources for every level of garden-based learning from sprouting seeds to understanding the food system.
- <http://www.csgn.org/curriculum>

LifeLab: Garden Based Learning Curriculum and Activity Guides

Created by the Life Lab Science Program in California, the webpage includes links to a number of teacher guides, activities, books, curricula, and lesson plans.

- Ages: Grades K-5
- Cost: For purchase
- For: Educators
- Topics: garden activity cards, sowing seeds, nutrition guides
- Highlights: relevant to Next Generation Science and Common Core Math and Language Arts content standards
- <http://www.lifelab.org/store/curriculum/>

Garden ABCs

School garden share site with Lesson Plans and Curricula to integrate the school garden into lessons

- Ages: K-12
- Cost: Free
- For: Educators
- Topics: Seed saving, life cycles, flower pollination
- Highlights: downloadable pdf or word document
- <http://gardenabcs.com/Lessons.html>

GARDEN RESOURCES

University of Nevada Cooperative Extension – Horticulture

<http://www.unce.unr.edu/publications/index.asp?Topic=Horticulture&Searchby=categorysearch&Searchtext=HO>

University of Nevada Cooperative Extension –Getting Started with a Vegetable Garden

<http://www.unce.unr.edu/publications/files/ho/2010/fs1015.pdf>

Life Lab – Ways to Create and Sustain Your Garden

<http://www.lifelab.org/for-educators/schoolgardens/#gardening>

Kids Gardening - School Gardening Tips

<http://www.kidsgardening.org/school-gardening>

List adapted from:

Stacey A. Sobell, MPH

Farm to School Coordinator, Food & Farms

Ecotrust*

721 NW Ninth Avenue, Suite 200

Portland, OR 97209