

Farm to School: Lessons and Curricular Resources

Complied by Sara Tedeschi- Midwest Farm to School Network 7-09



Farm-to-school program curriculum goals include:

- Creating real-life experiences and connections to our current curriculum that addresses: nutrition, our 5 senses, plants, sustainability, economics, farming, food production, etc.
- Inspiring young people to be 'adventurous eaters' and to develop curiosity about where their food comes from.
- To increase an understanding of the direct consequences of food choice on our health and environment.

CHANGE Curriculum <http://king.wsu.edu/nutrition/change.htm>

“CHANGE integrates nutrition education with reading, writing, math and science studies, for elementary students. 40 downloadable lessons in pdf format.

Harvest of the Month Complete materials to feature a local item each month, through the cafeteria and classroom activities <http://www.harvestofthemonth.com/>

California School Garden Network www.csgn.org

Use the “curriculum” link to access over a hundred creative garden and food based lessons. This is an excellent collection of lessons, all downloadable, from various sources in California. Lessons can be easily adapted to fit local standards.

Food, Land, & People <http://www.foodlandpeople.org/>

“Food, Land & People (FLP), established in 1988, is based in Chandler, Arizona. Food, Land & People is a nonprofit organization committed to helping people of all ages better understand the interrelationships among agriculture, the environment, and people of the world. Food, Land & People's science- and social sciences-based curriculum, Resources for Learning, currently serves Pre-K to 12th grade students throughout the United States. The curriculum consists of 55 hands-on lessons, developed and tested by more than a thousand educators.”

Food is Elementary A unique and vibrant curriculum introduced into schools and communities that teach children about food, nutrition, culture, and healthy living.

<http://www.foodstudies.org/Curriculum/index.htm>

Food For Life <http://www.farmtrails.org.uk/fflcurrpac/index.html>

This is great farm-to-school curriculum for elementary school teachers. It's from the UK but is easily adaptable to fit our standards and other curriculum. Free pdf download of entire curriculum pack or individually download and print lessons and activity sheets.

Cooking with Kids <http://cookingwithkids.net/>

This New Mexico organization has created engaging, hands-on elementary curriculum with a focus on fresh, affordable foods from diverse cultures. Free lesson plan downloads and bilingual (Spanish and English) food-based curriculum for sale.

Sustainable Agriculture Research and Education

<http://www.sare.org/publications/edguide.htm>

Site provides links to Sustainable Agriculture Resources and Programs for K-12 Youth. Click on

the “Curriculum Guides” link at the bottom of the page. Includes direct links, program contact information and ideas for integrating lessons into school programs.

Section Z: Making Our Economy Safe For People and Nature <http://www.sectionz.info/>

“Section Z #3: A Tale of Two Tomatoes”, is an illustrated guide that teaches us about the food system and the benefits of choosing local.

Center For Ecoliteracy – Rethinking School Lunch Guide

<http://www.ecoliteracy.org/programs/rsll-guide.html>

Great site with extensive curricula resources including tips for integrating food and gardening themes into everyday lesson. Download the entire Rethinking School Lunch Guide or choose individual chapters. **Linking Food and the Environment (LiFE)** curriculum is also available through this site or find it at: <http://www.tc.columbia.edu/life/detail.asp?Id=Welcome>. LiFE is an inquiry-based science and nutrition program that explores themes of food production, the food system, and the effects of food choices on our bodies and our environment.

CHOICE (Citizen for Healthy Options in Children’s Education)

<http://www.choiceusa.net/LessonPlans/Garden%20Foods.htm>

This organization has resources to support teachers, food service directors, administrators, and students interested in developing healthy eating habits. Check out links to recommended curricula and grant resources.

Farm Field Trip Resource - The Community Alliance with Family Farmers

<http://www.caff.org/programs/f2sManual.shtml>

This site has a free manual that helps teachers get the most out of their farm field trip. There is also information to help farmers prepare for the visit. This is provided by CAFF, a group focused on fostering family-scale agriculture that cares for the land, sustains local economies and promotes social justice.

Cornell Cooperative Extension, Discovering the Food System

<http://www.cce.cornell.edu/foodsys/experiential learning program for young and inquiring minds>”

California Department of Education <http://www.cde.ca.gov/cdepress/catalog/nutried.html>

Curricular materials for standards-based activities on gardening, nutrition, and cooking.

The Food Project, French Fries and the Food System

<http://www.thefoodproject.org/newtftp/tfpstore/tfpstore.shtml> Lesson plans developed and utilized by an innovative urban youth gardening program in Massachusetts.

Wisconsin Fast Plants Program http://www.fastplants.org/home_flash.html A science education outreach program from the University of Wisconsin-Madison with activities and lesson plans utilizing a fast, indoor grown brassica plant.

Agriculture in the Classroom <http://www.agclassroom.org/> With links to state-specific programs and resources.

Wisconsin Homegrown Lunch

<http://www.reapfoodgroup.org/farmtoschool/index.shtml> Farm to School related nutrition education activities, linked to WI state standards.

Local Matters has adapted Food is Elementary

By Antonia Demas, 2001. Food is Elementary contains 28 age-appropriate lesson plans for pre-K through second grade and third grade through eighth grade. Dr. Demas' innovative approach centers around experiential learning and interdisciplinary studies. The participatory one-hour lessons integrate art, geography, history, language arts, writing, mathematics, and science and encourage students to engage all their senses while they study whole foods, nutrition and cooking

<http://www.foodstudies.org/Curriculum/index.htm>

Food is Elementary studied and evaluated – Build program off of this. It's adaptable for all ages. This is an 8 week class with adults, GED students.

Noreen Warnock Noreen.warnock@local-matter.org 614-263-5662

Farm to School in the Classroom; a compilation of Curricula and Activity Ideas from the Maryland Department of Agriculture: <http://www.mda.state.md.us/mdfarmtoschool/curriculum.php>

From Our Farms...Teaching Kids About Food, Nutrition, and the Farm

2005 Includes a Binder, CD, handouts, From our Farms" is an exciting curriculum that will help bring the topics of food, nutrition, and local agriculture to life for children. It is a compilation of fun, educational activities that use exploration and adventure to teach children about food, nutrition, and the farm. The program is ideally set at a local library, school, child care center, or a special workshop. "Key concepts include: all of the food we eat comes from the farm, some fruits and vegetables grow better in our region of the country, while others grow better in different areas, children and their families can be inspired to eat more fruit, vegetables, and low-fat dairy products when expose to them in a way that encourages exploration, adventure, and fun.

Rutgers Cooperative Extension, County of Gloucester, NJ Department of Agriculture, Delaware Valley Chapter of the Society of Nutrition Education

Eating Healthy From Farm to Fork is a nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service and the establishment of healthy habits in children. Although the curriculum is tied to the California Content Standards and designed for a classroom delivery, it can be easily adapted to an afterschool or out-of-school setting such as 4-H clubs. Participants will leave with a wealth of resources and training materials to deliver the Farm to School curriculum in their counties.



Farm to Table and Beyond

This newest module covers our global food system and how the parts of this complex system interact with and influence each other — critical ideas in science. Students engage in hands-on investigations of the cycling of matter in nature and the human impact on this cycle, explore and analyze their personal food choices through scientific reasoning, and apply what they have learned through discussions and debates. *Farm to Table & Beyond* includes teacher lesson plans, background information, teaching tips, and tools for assessment; student activity sheets and readings; and a matrix mapping the book to National Science Education Standards and Benchmarks for Science Literacy. Developed by educators at Teachers College, Columbia University. 432 pages. Gr 5-6.

Unit 5: Making Choices

Driving Question: *How can we use the science we learned to make food and agriculture choices?*

Lesson 17: Regional Eating

Lesson 18: Comparing Farming Practices

Lesson 19: Farmer Frieda's Design Project

Lesson 20: Bringing It All Together

Iowa State – Pick a Better Snack Iowa Nutrition Network's [social marketing campaign](#) Pick a **better** snack™ encourages fruit and vegetable choices for snacks. The "& ACT" represents the importance of daily physical activity. Iowa Nutrition Network partners worked together to develop Pick a **better** snack™ & ACT so that multiple programs could use it. Key partners include the Iowa Department of Public Health, the Iowa Department of Education-Team Nutrition, Iowa State University Extension, the 5 A Day Coalition of Iowa, Inc., the Iowa Dietetic Association, and Iowa Public Television. http://www.idph.state.ia.us/pickabettersnack/common/pdf/overview_components.pdf

Pennsylvania Fruit and Vegetable Campaign Nutrition Education

Materials Currently, SNAC agencies want to encourage vegetable intake by food stamp eligible Pennsylvanians and have developed a coordinated **VEGETABLE** campaign with particular emphasis on locally grown produce. Each vegetable features materials to cover nutrition and health benefits, growing, market selection, preparation, and educational activities. These free materials include newsletter inserts, bookmarks, flyers, table tents, recipes, shopping guide, recipes and more. The various materials are provided in easy-to-download PDF files, which can be used alone or combined with other educational materials. Please feel free to cut and paste from any of the materials as well. <http://www.panen.org/s.n.a.c>

Cafeteria Power Plus

5-a-Day Power Plus is a school-based, multi-component intervention aimed at increasing fruit and vegetable consumption among fourth- and fifth-grade students. The program seeks to increase fruit and vegetable consumption by concurrently affecting behavior change in the school, the home, and the community environment. As such, the program has four components: 1) behavioral curricula for fourth and fifth grade students, 2) parental involvement/education, 3) school food service changes, and 4) industry involvement and support. Designed expressly for school delivery, the program also incorporates elements of learning, including reading, writing, math, oral presentation, and goal setting.

Farm Field Trips

[The Hayride: A Resource for Educational Farm Field Trips](#): was developed for North Carolina, so the middle section that identifies specific farms is not applicable and the numbers assigned to Specific goals don't match MN, but the introduction has guided questions for planning your field trip and page 43 starts a section on integrating your Farm Field Trip into the Classroom.

<http://growing-minds.org/FarmFieldTripBooklet.pdf>

[Making the Farm Connection : - The Community Alliance with Family Farmers](#) was developed in California so seasonal information may not match ours but has good information including a sample waiver form, evaluation, post visit activities, what to bring guidelines, etc.

<http://www.caff.org/publications/FarmVisitManual2.pdf>

Additional Garden Resources- LM

How Groundhog's Garden Grew is a great book for elementary school children and she has a whole Farm to School toolkit on her website that you can use to accompany it. <http://www.lynncherry.com>.

Nutrition to Grow On- A University of California Dept of Nutrition Curriculum for 4th-6th Grade. An innovative curriculum for grades four through six that offers teachers a direct link between the garden and nutrition education.

Nine lessons are designed to teach children and their families about nutrition by relating each lesson to a garden activity. The curriculum uses the garden to integrate disciplines, including science, mathematics, language arts, history, environmental studies, nutrition, and health, while reinforcing some of the California academic content standards. School gardens are wonderful sources of food and beauty and outlets for physical activity; they can also help students discover fresh food and learn to make healthier food choices. *Nutrition to Grow On* taps into these instructional gardens to cultivate the students' talents and skills while enriching their capacities for observation and thinking. Good recipe for Garden Pita Pockets

TWIGS - published by San Francisco/San Mateo U Cooperative Extension links Nutrition and Gardening. This curriculum is written for parents, afterschool day care providers, summer day-camp staff, youth agency staff, kindergarten teachers, elementary school teachers, and non-formal youth development organizations to use with children. The *TWIGS (Teams With Intergenerational Support) Gardening and Nutrition*

curriculum, developed locally, helps early school age children learn about healthy food choices through a connection to gardening. Available for Purchase of \$25 at <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=4068>

The Growing Classroom – UC Santa Cruz – A Garden Based Science and nutrition Curriculum for 2nd through 6th Grades. PDF available at:

http://www.eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=ED239918&ERICExtSearch_SearchType_0=no&accno=ED239918

Botany on Your Plate: Investigating the Plants we Eat K-4To determine the impact of the curriculum, students from the UC Berkeley Graduate School of Education conducted a formal evaluation. The study focused on changes in science content knowledge and attitudes towards fruit and vegetables for students in grades K-3. The impressive results ([see sidebar, above](#)) show that *Botany on Your Plate* is not only fun, it's effective. Easy to implement in formal and informal educational settings, the lessons can also be adapted for younger and older audiences. Available for \$22 from <http://www.gardeningwithkids.org/11-3350.html>