



Connections to the Classroom

Teaching academic lessons through gardening experiences

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Teachers use gardens for these subjects and more...



- Science (95%)
- Environmental Studies (70%)
- Nutrition (66%)
- Math (59%)
- Agricultural Studies (46%)



Math and Science Skills used in Gardens



- Plant Science: Pollination, photosynthesis, plant parts, adaptations, etc.
- Math: Counting, measuring, graphing, spacing, crop planning



- Putting the Scientific Method to Work
- Learning Investigation & Experimentation Skills



The Incredible Edible Six Plant Parts!

- **Roots**
- **Stems**
- **Leaves**
- **Flowers**
- **Fruits**
- **Seeds**



Great Plant Part Activities

- “Roots, Stems, Leaves...” Song
- Plant Part Factory
- Plant Part Art
- Using CDE Fruit and Veggie Cards
- Finger Salads



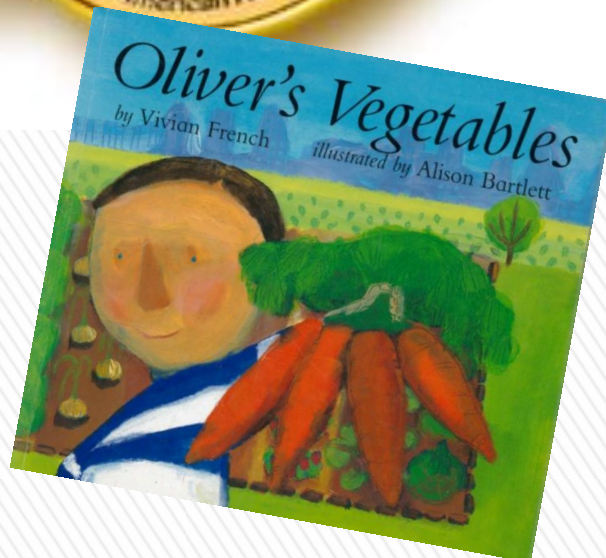
Language Arts & Social Studies in the Garden



- Cultural and holiday traditions
- Literature connections in the garden
- Studies of how humans and crops have influenced each other



Literature Links



Harvest
of the
Month

LITERATURE LINKS

FALL: Apples, Kiwifruit, Pears, Persimmons, Tomatoes, Winter Squash

APPLES

Elementary:

- *An Apple a Day* by Melvin Berger
- *Apple Tree* by Barrie Watts
- *The Crooked Apple Tree* by Eric Houghton
- *Johnny Applesseed* by Patsy Jensen
- *The Life and Times of the Apple* by Charles Mould
- *Up, Up, Up! It's Apple-Picking Time* by Jody Fickes-Shapiro

Secondary:

- *Agricultural History*, University of California Press, Journals Division
- *Fruits and Vegetables for Health* by Brenda Byers and Priscilla Naworski

KIWIFRUIT

Elementary:

- *Fruit is a Staircase for Seeds* by Jean Richards
- *Tall and Tasty: Fruit Trees* by Meredith Sayles Hughes
- *Tree to Table* by Kelly King and Cynthia Livingston
- *Yes We Have Bananas! Fruits from Shrubs and Vines* by Meredith Sayles Hughes

Secondary:

- *The Chemistry of Fertilizers* by Jean Kennedy
- *How Much Is Too Much? How Much Is Too Little?* by Pamela Emery
- *Where'd You Get Those Genes?* by Beth Brookhart and Pam Schallock

PEARS

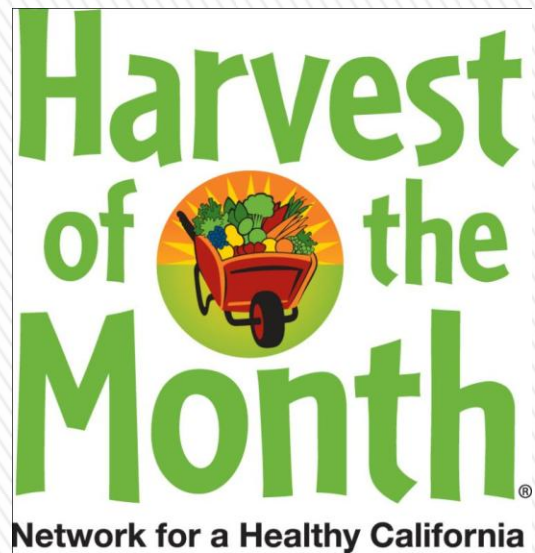
Elementary:

- *Hooray for Orchards* by Bobbie Kalman
- *Mr. Putter & Tabby Pick Pears* by Cynthia Rylant
- *Too Many Pears* by Jackie French and Bruce Wheatly

Cooking with Kids Empowers and Educates

- Life Skills
- Measuring
- Estimating
- Nutrition
- Food Safety
- Hospitality
- Self Sufficiency





www.harvestofthemonth.com

Season	Fruits	Vegetables
Fall September October November	Apples+ Kiwifruit Pears Persimmons	Tomatoes+ Winter Squash Cooked Greens*+ Root Vegetables*+
Winter December January February	Mandarins Oranges Grapefruit*	Broccoli+ Cabbages+ Sweet Potatoes Beets*+ Beans*+
Spring March April May	Avocados Dried Fruit+ Strawberries+ Berries*+	Asparagus Carrots Peas Spinach Cucumber*+
Summer June July August	Grapes Melons Peaches/Nectarines Plums*	Green Beans Potatoes+ Salad Greens+ Peppers*+ Zucchini* Corn*



Monthly Elements

MORE SERIOUS SPINACH FUN!

Fruits and Vegetables from A to Z
List a fruit or vegetable for each letter of the alphabet.

A _____ N _____
B _____ O _____
C _____ P _____
D _____ Q _____
E _____ R _____
F _____ S _____
G _____ T _____
H _____ U _____
I _____ V _____
J _____ W _____
K _____ X _____
L _____ Y _____
M _____ Z _____

free space
free space

Nutrition Facts
Serving Size 1 cup, 100 grams (3.5 oz)
Calories 5
Total Fat 0g 0%
Sodium 0mg 0%
Total Carb 1g 2%
Dietary Fiber 0g 0%
Sugars 0g 0%
Protein 2g 4%
*Percent Daily Values are based on a diet of other people's secrets.
www.nutritionfacts.org

Eat the Rainbow!
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Spinach is in the green color group.

• Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include spinach, broccoli, artichoke, asparagus, peas, green cabbage, collard greens, cucumber, zucchini, watermelon, kiwi, green apples, green grapes and honeydew melon.

What is a Serving?
A serving of raw spinach is one cup, or about two cupped handfuls. A serving of cooked spinach is about one-half cup.

The material was funded by USDA Food Stamp Program through the California Department of Public Health in partnership with the University of California. These materials are not for sale. For more information, visit www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Immunization%20Programs/Immunization%20Programs.aspx.

Harvest of the Month

Network for a Healthy California

Health and Learning Success Go Hand-in-Hand!
Research shows that proper nutrition support and regular physical activity translate to improved academic performance and classroom behavior. Harvest of the Month connects with core curricula to give students the chance to explore, taste and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home and community to motivate and support students to make healthy food choices and to physically active every day.

Taste Testing with California Apples
Taste testing activities allow students to experience the featured produce with their senses, inspiring them in the learning process and creating excitement, interest, awareness and support for increasing consumption of fruits and vegetables.

Tools:
• Variety of quartered apples* (refer to Home Given Facts on page 2 for varieties)
• One apple wedge per every four students
• 15 percent string, four-sided pencils

Activity:
• Observe, touch, smell and taste each apple variety
• Develop a color graph using appearance, texture, smell, flavor and sound
• Compare and contrast the varieties

For more ideas, reference:
School Foodservice Guide — Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 38-42.

Cooking in Class: Apple Yogurt Trifle
Makes 32 servings at 1/2 cup each
• 4 Galaxy Smooth Apples, core and finely chopped
• 8 8-ounce containers low-fat cheddar yogurt
• Small paper cups

Evenly divide four of the yogurt containers and half of the chopped apples among cups to provide each student with a taste. Add the tablespoons of Galaxy Smooth Apples to the yogurt, evenly with layers of rich custard, fruit, nuts, chocolate and a sprig of green. Add a small amount of yogurt to the top of each cup to allow custard to settle.

For more ideas, reference:
Hot Cook Farm-Fresh Fruit, CDE, 2002

September Events
• National Apple Month
• National Family Health and Fitness Day

For more information, visit:
www.harvestofthemoonth.gov

Nutrition Facts
Serving Size 1/2 cup (125g)
Calories 100
Total Fat 0g 0%
Sodium 0mg 0%
Total Carb 25g 50%
Dietary Fiber 0g 0%
Sugars 25g 50%
Protein 0g 0%
*Percent Daily Values are based on a diet of other people's secrets.
www.nutritionfacts.org

Menu Slicks

Family Newsletters

Harvest of the Month

November

Health and Learning Success Go Hand-in-Hand!
By helping children practice healthy eating habits, you can help improve their memory and energy levels in school. With Harvest of the Month, you can set a positive example and put your child on the road to health and learning success. The Harvest of the Month featured fruit is **kiwifruit**.

FRUIT SALAD
Ingredients: (Makes 4 servings at 1/2 cup each)
1 cup sliced kiwifruit
1/2 cup sliced apple
1/2 cup sliced orange
1/2 cup grapes
1/2 cup orange juice
In a medium bowl, mix all ingredients. Serve.

Helping Your Kids Eat Healthy
• Make a pancake smelly test. Top pancakes with two kiwi slices for eyes and make a nose and mouth with a strawberry and banana.
• Slice two kiwis into calcium-rich bowlful yogurt or cottage cheese for an added sweet treat.
• Kiwi work great for handwriting! Explain to your child that kiwis have an enzyme (protein) produced by living things. One kiwi that helps break down the meat to make it tender. Find a recipe to try this together.
• Ask your child to help you make a healthy fruit salad for Thanksgiving dinner.

Produce Tip:
• Select firm, unblemished fruit. The core of the fruit does not affect taste.
• Press the outside of the fruit with your thumb. If it gives to slight pressure, the fruit is ripe. If you apply pressure and the fruit feels hard, it's not ready to eat.
• A kiwi will keep for several days at room temperature and up to four weeks in your refrigerator.
• To ripen a kiwi, place it in a bag with an apple or a banana and leave it out on the counter for a day or two.

Let's Get Physical!
• Kick up your heels and dance with your child to your favorite tunes.
• Play a game of tag or hide-and-go-seek after dinner.
• Run, jog or bike on a family treasure hunt.

For more physical activity ideas, visit:
www.kidzworld.com

Healthy Help
• Keep a calendar and have your child mark each day that your family practices healthy activities, like eating fruits and vegetables or being physically active.
• Ask your child to describe any taste testing activities being done in the classroom.
• Encourage your child to tell the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.

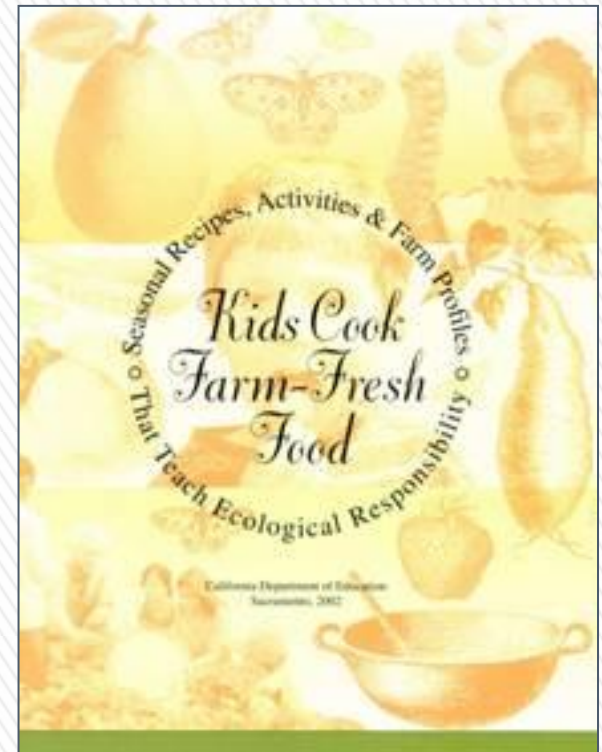
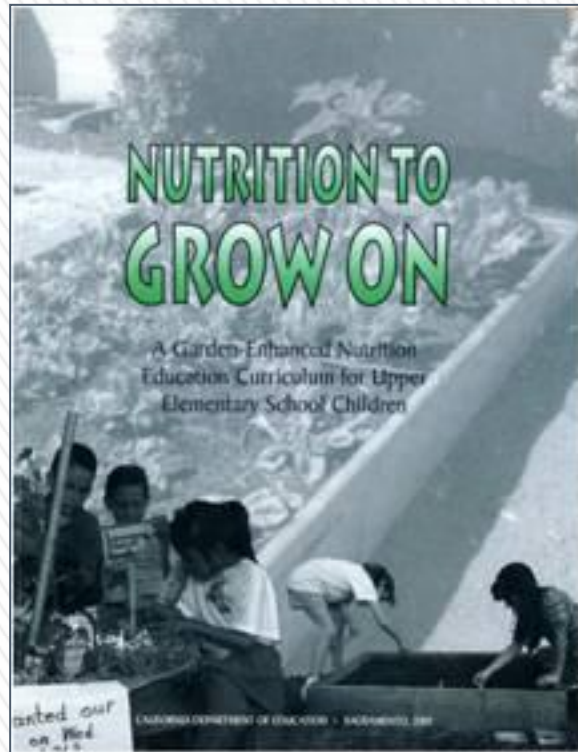
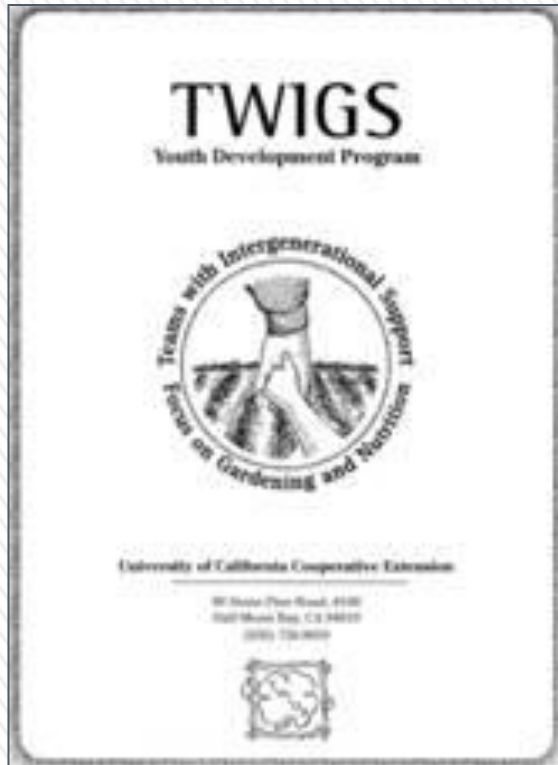
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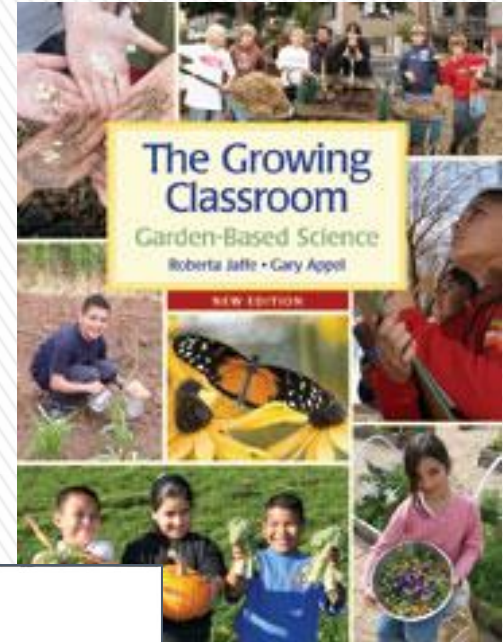
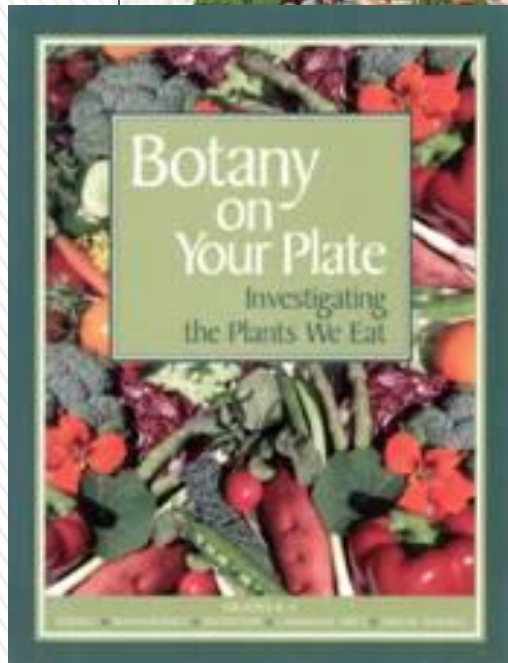
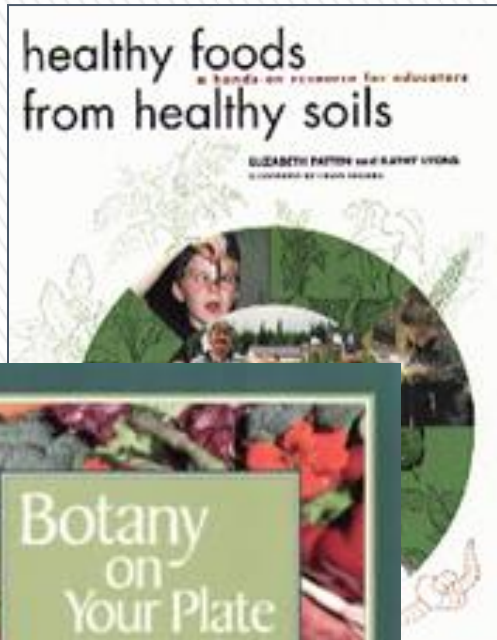
Educator Newsletters



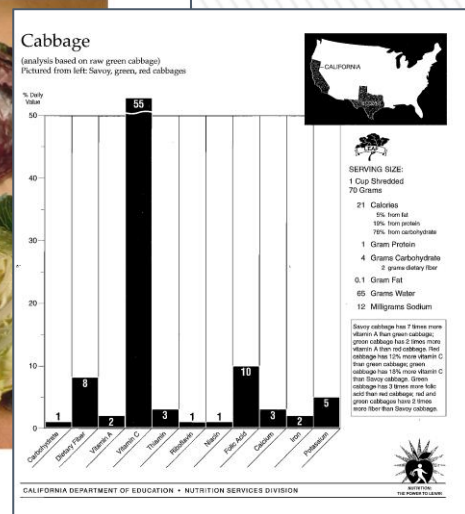
Garden Enhanced Nutrition Education (GENE) Curricula



More GENE Resources



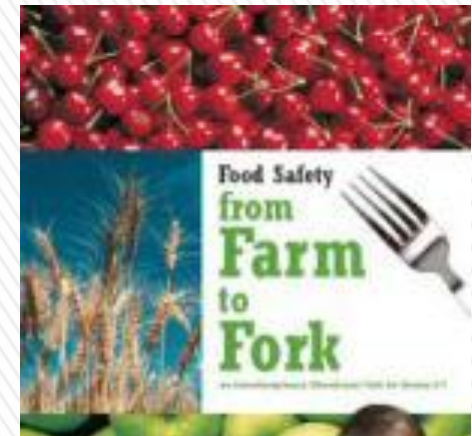
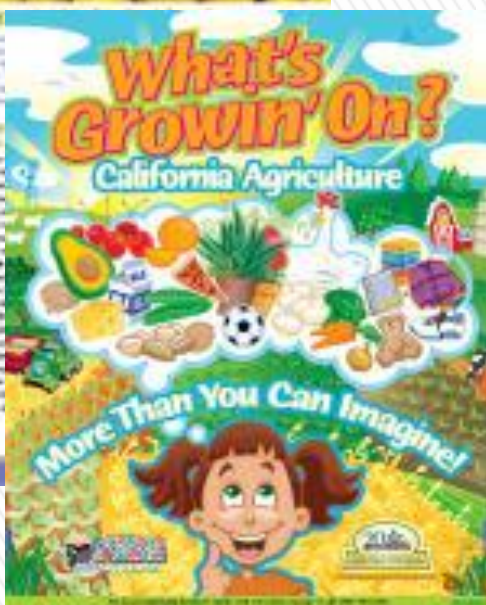
Cabbage



Repollo

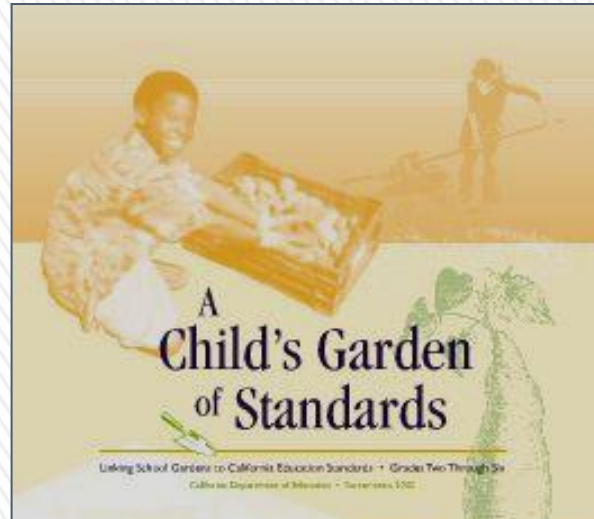
Resources from California Foundation for Agriculture in the Classroom

www.cfaitc.org



Connecting to the Standards

- » Academic performance is the “currency” of school success
- » These resources connect garden-based activities to CA academic standards



Additional Resources

California School Garden Network

www.csgn.org

Fresh Fruit and Vegetables:

A Centerpiece for a Healthy School Environment

www.healthyschoolenvironment.org

Coming again to San Diego County in 2012-2013:

Free trainings for school staff!

- Creating and Sustaining Your School Garden
- Fresh Fruits and Vegetables...

