



Green Our Planet's School Garden Curriculum

Title: I Can Eat a Garden

Topic: Healthy Foods From the Garden

Link: https://www.youtube.com/watch?v=KJCOVvZ_xCg

Grade Level: K or Pre K

Standards: National Health Education Standard 1.2.1 (at 0:50)

Objectives: (at 1:13)

- Learn that healthy foods help you grow
- Learn that eating fruits and vegetables has a positive effect on personal health
- Identify healthy foods to eat that grow in the garden and plan healthy meals

Segments:

- Teacher segment: 0:20 - 1:05
- Student segment: 1:24 - 7:25
- Quiz: 7:48 - 9:19

Concepts and/or topics covered & Vocabulary notes:

- Distinguishing between healthy and unhealthy food
- Examples of plants (fruit/vegetables/herbs) in a garden
- Vocabulary section at end (9:20)

healthy

unhealthy

- Possible additional vocabulary: nutrients, variety, harvest (defined in video)

Methodology:

- Students asked to draw
- Some nice visuals/graphics
- Quiz at end includes drawing or looking at pictures to answer questions
(open-ended questions, multiple choice, and true/false)

Possible Supplemental / Follow-up Activities:

Assignment suggested in video (at 6:50) Draw a picture of a healthy food.