

Food Education Resources

Lessons and Curricular Resources

Got Veggies? Garden-Based Nutrition Education Curriculum

<http://www.dhs.wisconsin.gov/health/physicalactivity/gotveggies.htm>

Got Veggies? is a garden-based nutrition education curriculum created with the goal of getting children to eat more fresh fruits and vegetables. *Got Veggies?* features seven full lesson plans that are aligned with Wisconsin's Model Academic Standards for Nutrition, Health, Science and other related subjects. A series of shorter garden-based activities are included, as well as fun recipes and helpful tips for cooking and eating in the garden. This curriculum provides an all-around great way to nurture students' interest in growing and eating fresh fruits and vegetables!

California School Garden Network

<http://www.csgn.org/page.php?id=22>

Access over a hundred creative garden- and food-based lessons, from various sources in California. Lessons can be easily adapted to fit local standards.

Food, Land & People

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

"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." Check out their extensive list of resources and the 20 lessons available in Spanish on the "Lessons" page.

Food For Life

<http://www.foodforlife.org.uk/Resources/Teachingresources/Resourceview/tabid/79/ArticleId/39/Food-for-Life-Curriculum-Pack.aspx>

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 curricula.

Cooking with Kids

<http://cookingwithkids.net/>

This New Mexico organization has created an 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.

Toward a Sustainable Agriculture Curriculum for High School Students

<http://www.cias.wisc.edu/curriculum/index.htm>

Multi-module curriculum geared toward high school students with a focus on Upper Midwest agricultural systems. Modules cover all aspects of our food system from production to market.

Sustainable Agriculture Research and Education (SARE)

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

"Sustainable Agriculture Resources and Programs for K-12 Youth" features more than 50 sustainable agriculture programs and curricula nationwide. Available free of charge online, this guide includes direct links, program contact information and ideas for integrating lessons into school programs.



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Section Z: Making Our Economy Safe for People and Nature

<http://www.sectionz.info/>

Issue #3 of this online publication, "A Tale of Two Tomatoes," is an illustrated guide that teaches us about the food system and the benefits of choosing local.

Wisconsin Ag In the Classroom

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

Wisconsin-focused resources and lessons aligned with state standards in core subject areas including language arts, math, science and social studies. Lessons are free to download and connect to important themes such as local history, community, geography and climate. There is also information about local grants for agriculture education. You do not have to teach agriculture to make use of this resource; it would be useful to any elementary or middle school educator.

Center for Ecoliteracy – Rethinking School Lunch

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

Great site with extensive curricular 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 Series

<http://blogs.tc.columbia.edu/cfe/education/nutrition-curriculum/>

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 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.

Organic Foods – What's the Big Deal?

<http://www.thefutureisorganic.net/tenreasons.htm>

Want to have a discussion about organic foods? This resource provides a list of reasons to eat organic.

Wisconsin DPI Curriculum Resource Center

http://www2.dpi.state.wi.us/sig/practices/high_2.asp

Search by subject area and grade level for standard aligned curriculum and lesson. Check the health and agriculture education categories for food and farm lessons.

US Department of Agriculture

Team Nutrition Healthy Meals Resource System:

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1

Farm to School:

<http://www.fns.usda.gov/cnd/f2s/>

These sites offer links and downloadable resources for farm to school and child nutrition programs.



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Farm Field Trip Resources

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 trips. 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.

Film Resources

Media that Matters Film Festival: Good Food

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

This website contains fun and educational short films about food, sustainability and free trade. Click on “films” to find them. These films are inspirational and instructional for teachers, as well as useful for classroom viewing. Thinking about starting a school garden? Watch “Inch by Inch: Providence Youth Gardens for Change”. “Food For Thought” is a creative student production that poetically documents the benefits of eating healthy foods. Check the links below the film for additional web resources on related topics and teacher resources.

Music Resources

The Banana Slug String Band

<http://www.bananaslugstringband.com>

This group of musicians and educators writes ecological songs for children. Ecological lesson plans and audio CDs are available on this website. Check out the song “Dirt Made My Lunch,” already a hit in some local elementary schools.

Local (Dane County) Resources

The Southern Wisconsin Farm Fresh Atlas

<http://www.reapfoodgroup.org/atlas/index.htm>

Here is REAP Food Group’s list of farms and food-related business that sell local, sustainable foods in southern Wisconsin. Look here for local sources of healthy snacks and possibilities for farm field trips.

Dane County Farmers Market

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

Downtown Madison has had one of the largest farmers’ markets in the U.S. since 1972. Check here for market history and lists of vendors and products. The market is year-round, located in Monona Terrace or the Madison Senior Center in the winter. Purchase food for a locally grown classroom snack and meet the farmer who grew it.

The Madison Area Community Supported Agriculture Coalition

<http://macsac.org/>

Community Supported Agriculture (CSA) farms provide fresh produce and other foods to conscientious eaters all over southern Wisconsin. On this website, find a map and listings of more than 40 CSA farms. The MACSAC website also includes information on their Partner Shares Program that facilitates low-income households’ memberships in CSA farms, and ordering information for their popular cookbook: *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh, Seasonal Produce*.



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Got Dirt? Youth Garden Toolkit

<http://dhfs.wisconsin.gov/health/physicalactivity/gotdirt.htm>

The Wisconsin Department of Health Services offers this excellent, step-by-step plan for starting school and community gardens. The full version of the toolkit is downloadable. Also, check the list of scheduled training sessions if you'd like to attend one in your area.

Kids Gardening

<http://www.kidsgardening.org>

This site has extensive school garden resources (including grant information) and lessons that connect to core subject areas such as math and science. On their home page, you can sign up for "Kids Garden News" for more great ideas and lessons.

The Edible Schoolyard

<http://www.edibleschoolyard.org>

This is a model school garden and cooking project in Berkley, California. Explore the site to get inspired and borrow ideas from their garden, classroom and kitchen lessons. Under "Resources," check out their publications, lessons and links for more ideas.

ProTeacher

www.proteacher.com/110013.shtml

This site has a long list of links for plant- and garden-based lessons, as well as other educator resources.

Garden-Based Learning – Cornell University

<http://blogs.cornell.edu/garden/>

This site offers quick activities, lessons and other garden-based projects for students and teachers.

Life Lab

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

Life Lab teaches people to care about themselves, each other and the world through farm and garden-based programs. They offer curricular materials in addition to the information on their website.

Books

Fruits, Veggies and Gardens

Fiction

Apples and Pumpkins by Anne Rockwell, illustrated by Lizzy Rockwell
New York: Macmillan, 1989

Blueberries for Sal by Robert McCloskey
New York: The Viking Press, 1948



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Compost! by Linda Glaser
Brookfield, CT: The Millbrook Press, 1996

Danilo the Fruit Man by Amy Valens
New York: Dial Books for Young Readers, 1993

Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert
San Diego: Harcourt Brace Jovanovich, 1989

Growing Vegetable Soup by Lois Ehlert
New York: Harcourt Brace Jovanovich, 1987

Johnny Appleseed by Steven Kellogg
New York: Clarion Books, 1990

June 29, 1999 by David Wiesner
New York: Clarion Books, 1992

Moose in the Garden by Nancy White Carlstrom
New York: Harper and Row, 1990

Tops and Bottoms by Janet Stevens
New York: Harcourt Children's Books, 1995

The Carrot Seed by Ruth Krauss
New York: Harper and Row, 1945

The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear by Don and Audrey Wood
Singapore: Child's Play (International) Ltd., 1984

The Seasons of Arnold's Apple Tree by Gail Gibbons
New York: Harcourt Brace Jovanovich, 1984

The Giant Vegetable Garden by Nadine Bernard Westcott
Boston: Little Brown and Co., 1981

Nonfiction

An Apple Tree Through the Year by Claudia Schnieper, photos by Othmar Baumli
Minneapolis: Carolrhoda Books, Inc., 1987

Citrus Fruits by Susan Wake
Minneapolis: Carolrhoda Books, Inc., 1987

Cranberries by William Jaspersohn
Boston: Houghton Mifflin, 1991

Fruit by Gallimard Jeunesse
New York: Scholastic, 1989

My Apple by Kay Davies and Wendy Oldfield, photos by Fiona Pragoff
Milwaukee: Garth Stevens Publishing, 1994



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The Life and Times of the Apple by Charles Micucci
New York: Orchard Books, 1992

We Love Fruit by Fay Robinson
Chicago: Children's Press, 1992

Why Are Pineapples Prickly? by Christopher Maynard
New York: DK Publishers, 1997

Poetry

Jamberry by Bruce Degen
New York: Harper Collins, 1983

Vegetable Garden by Douglas Florian
New York: Harcourt Brace Jovanovich, 1991

Books for Teachers

The Amazing Apple Book by Paulette Bourgeois
Reading, MA: 1987

Digging Deeper: Integrating Youth Gardens into Schools and Communities by Joseph Kiefer and Martin Kempf
Montpelier: Common Roots Press, 1998

Eat, Think and Be Healthy! by Michael F. Jacobson, Ph.D. and Paula Kelvan Zeller
Washington, DC: Center for Science and Public Interest, 1987

French Fries and the Food System by Sara Coblyn
Lincoln and Roxbury, MA: The Food Project, 2000

Gardening Wizardry for Kids by L. Patricia Kite, illustrations by Yvette Santiago Banek
Barrons, 1995

Linnea's Windowsill for Kids by Lena Anderson and Christina Bjork
New York: R&S Books, 1978

More Story Stretchers by Shirley Raines and Robert Canady
Mt. Rainier, MD: Gryphon House, Inc., 1991

Preparing Young Children for Science: A Book of Activities by Lois B. Arnold
New York: Schocken Books, 1980

Story Stretchers by Shirley Raines and Robert Canady
Mt. Rainier, MD: Gryphon House, Inc., 1989

Teaching Children About Life and Earth Science by Elaine Levernson
New York: TAB Books, 1994



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