

# Food Education Resources

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## *Lessons and Curricular Resources*

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### **Got Veggies? Garden-Based Nutrition Education Curriculum**

<http://www.dhs.wisconsin.gov/publications/P0/P00228.pdf>

*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!

### **Nutritious Delicious, Wisconsin: Connecting Nutrition Education and Local Foods**

<http://ne.dpi.wi.gov/files/ne/pdf/ndw.pdf>

The Nutritious, Delicious, Wisconsin curriculum is a thematic unit of instruction that uses local foods to teach nutrition concepts to elementary students. Nutritious, Delicious, Wisconsin focuses on Wisconsin foods with a connection to Wisconsin's history, culture, and people. The primary goal of this curriculum is to broaden the food experiences of Wisconsin students and provide another aspect to the study of nutrition as a part of the study of our great state.

### **The Whole Plate: A Real Food Curriculum**

<http://www.thewholeplate.yihs.net/>

The Whole Plate is composed of 4 Units, which stand alone and work in concert: What is food?, Nourishment for People and Planet, Why Organic?, and The Spice of Life. These Units have been tailored for young adults, but have also been successfully used with full adults. In addition to the main Units, there are 2 mini-Units that address specific topics in nutrition: Wild Foods and Nutrition for Pregnancy.

### **California School Garden Network**

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

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.

### **Kidsnacks: Traditional Foods for a Healthy Future**

<http://www.nativefoodsystems.org/node/105>

Kidsnacks teaches youth how to make healthy snacks from traditional foods. The curriculum – developed for schools and child care providers – focuses on traditional foods of the Ojibwe like berries, morel mushrooms, and wild peas, but could serve a model for foods native to other tribes.

### **Food for Thought: by Healthy and Active Preschoolers**

<http://www.healthypreschoolers.com/food-for-thought>

Five units of nutrition education for preschoolers: Fall Fruits and Vegetables, Winter Fruits and Vegetables, Power up with Protein, Go-Grains and Spring Snacking.



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## 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.

## Growing Healthy Kids

[http://extension.oregonstate.edu/nep/garden\\_nutrition/](http://extension.oregonstate.edu/nep/garden_nutrition/)

A 12 lesson, hands-on, activity-rich curriculum for 2<sup>nd</sup> and 3<sup>rd</sup> graders focused on nutrition education and the connection to plant parts.

## 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.

## Teaching the Food System

<http://www.jhsph.edu/research/centers-and-institutes/teaching-the-food-system/curriculum/>

Teaching the food system is a project of the John Hopkins center for a livable future. It is a great food system curriculum for high school students and includes a variety of food system topics including food safety, food processing, agriculture and ecosystems, diet and influences on food choices, and much more.

## 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.

## Food Day Curriculum

[http://d3n8a8pro7vhm.cloudfront.net/foodday/pages/24/attachments/original/1373291130/FoodDay2013\\_SchoolCurriculum\\_FINAL.pdf?1373291130](http://d3n8a8pro7vhm.cloudfront.net/foodday/pages/24/attachments/original/1373291130/FoodDay2013_SchoolCurriculum_FINAL.pdf?1373291130)

Designed for upper elementary and middle schools students, this curriculum offers five lessons designed to teach the importance of eating real, fresh foods, cutting back on processed foods and advocating for a healthier community.



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## 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.

## Great Garden Detective Adventure

<http://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4-1>

An exploratory, 11 lesson curriculum connecting the school garden with the classroom, cafeteria and home.

## Wisconsin DPI Curriculum Resource Center

[http://www2.dpi.state.wi.us/sig/practices/high\\_2.asp](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:**

<https://healthymeals.nal.usda.gov/>

**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.

## *Farm Field Trip Resources*

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### Community Alliance with Family Farmers

<http://caff.org/wp-content/uploads/2010/07/MakingtheFarmConnection.pdf> 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.

### The Hayride: A Resource for Educational Farm Field Trips

<http://growing-minds.org/the-hayride-a-resource-for-educational-farm-field-trips/>

This is a great resource for educational farm field trips put together by Growing Minds, based out of Asheville North Carolina.

## *Film Resources*

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### Media that Matters Film Festival: Good Food

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



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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

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### 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.

## Wisconsin Resources

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### 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.

### FaireShare Community Supported Agriculture Coalition

<http://www.csacoalition.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*.

### Wisconsin Local Food Network

<http://wilocalfood.wordpress.com/>

The Wisconsin Local Food Network (WLFN) is a collection of individuals and organizations that share a common vision for Wisconsin: a state that offers communities and businesses a local food system that supports sustainable farms of all sizes, a strong infrastructure for those farms and supporting food business to thrive, and affordable access to healthy locally grown food for all Wisconsin residents

### Wisconsin Farmers Market Association

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

This website can help you find a farmers market close to you or your school.

### Snack Bites from RAEP Food Group

<http://www.reapfoodgroup.org/farm-to-school/classroom-snack-program>

Information for students on where food comes from and fun nutrition facts to accompany snacks and tasting activities.



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## Get Active Wood County Farm to School Curriculum

<http://getactive.co.wood.wi.us/GetActiveYouth/FarmtoSchool.aspx>

These resources are for 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade students. Each resource has lesson topics unique to each grade.

## School Garden Resources

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### Got Dirt? Youth Garden Toolkit

<http://www.dhs.wisconsin.gov/publications/P4/p40112.pdf>

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.

### WI School garden Initiative

<http://www.communitygroundworks.org/what-we-do/wsgi>

The Wisconsin School Garden Initiative (WSGI) is a three-year project of Community GroundWorks, which seeks to employ youth gardening and garden-based education to improve child health outcomes. At the end of the three years, the initiative intends to launch an ongoing Wisconsin School Garden Network (WSGN) that will continue to promote youth gardening throughout Wisconsin. Check out this site to sign up for their e-newsletter and learn about ongoing training, funding and resource opportunities.

### Cultivating Childhood Wellness Through Gardening

<http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/Gardening/Index.htm>

This online training video was developed by the Wisconsin Nutrition, Physical Activity, and Obesity Program and Community Groundworks in partnership with UW-Extension-Cooperative Extension, Life Lab, Wisconsin Obesity Prevention Network, UW-Madison School of Medicine and Public Health and the Center for Integrated Agricultural Systems. This online training video is a curriculum tool associated with Got Dirt?, a garden toolkit designed to provide step-by-step plans for starting a school garden.

### Youth Gardening Publication from UW Extension

<http://learningstore.uwex.edu/Youth-Gardening-P1705.aspx>

Youth Gardening will help you design, plan and build a garden

### 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 Berkeley, 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.

### Youth Farmer's Market Handbook

<http://www.thelunchbox.org/sites/default/files/YFM%20Manual.pdf>

This resource was created for teachers, parents and community members interested in starting or improving youth farmer's markets in their community.



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## ProTeacher

[www.proteacher.com/110013.shtml](http://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.

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## Books

### *Fruits, Veggies and Gardens*

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#### 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

*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

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*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

*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





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## *Books for Teachers*

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*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

