



# Health and Nutrition From the Garden

## TEACHING CONCEPTS

### Teaching Concept 1: **Basic Gardening**

Participants learn how to garden for optimum plant growth, production and food quality.

**P.L.A.N.T. Needs**

**Small and Large**

**Rules 'n Tools**

**Touchy-feely**

**Pies and Shake, Raffle and Roll**

**Who Goes There?**

### Teaching Concept 2: **Growing Techniques**

Participants learn about different methods used by experienced gardeners and professionals to make our world a better place.

**Paper Pots**

**Paper Towel Gardening**

**Make Your Pick**

**Protection by Diversity**

**Cylinder Gardening**

**Sack of Potatoes**

**Bean Teepee**

### Teaching Concept 3: **Thrifty Gardens**

Participants learn how to use their garden wisely and how to make wise choices in purchasing garden items.

**Shop 'n Grow**

**Food Storage Gardens**

**Plan 10 in 2**

**Seed Bank**

**Swap Shop Eats**

### Teaching Concept 4: **Food Safety**

Participants learn about and use food safety practices when preparing harvested fruits and vegetables, which help to keep their foods safe and nutritious.

**Safety First**

**Garden to the Table**

**Bold Molds**

**Party Confetti Salad**

**Save It**

### Teaching Concept 5: **ABC's of Healthful Eating**

Participants learn about different fruits and vegetables that provide some essential vitamins and minerals the body needs to stay strong and healthy.

**The Pyramid**

**Label Reader**

**Taste Test**

**Rough and Tough Foods**

**U-B the Judge**

**Fruit and Veggie Mania**

**Beauty Contest**

**Healing Powers**

### Teaching Concept 6: **Healthful Snacks**

Participants learn about and experience healthful snack alternatives to help keep them energized and active.

**Fruit and Veggie Lab**

**Apple Surprise**

**Symmetry Snacks II**

**Robust Rainbow Recipes**

**Strip Chips**

**Juik Food Blues**

**More Snack-time Fun**

## LIFE SKILLS AND CAREER EXPLORATION

Participants learn about different life skills and career opportunities.

## SERVICE LEARNING AND LEADERSHIP PROJECTS

Participants learn, develop and share their new knowledge with their families, friends and community through service and leadership, which helps them develop self-sufficiency and self-sustaining skills.