



GROWING good kids
through an interdisciplinary
program combining
academic
achievement,
gardening, **NUTRIENT-DENSE FOOD**
EXPERIENCES, physical
activity and school &
FAMILY ENGAGEMENT.

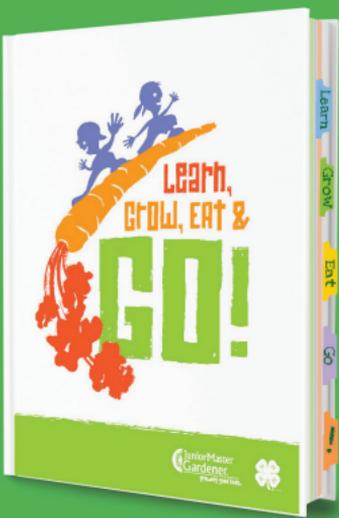


Learn, Grow, Eat & Go! is a curriculum project of Junior Master Gardener®, an international youth gardening program of the university cooperative Extension network and developed/managed by Texas A&M AgriLife Extension



Purchase and learn more about
Learn, Grow, Eat & GO!

www.jmgkids.us/lgeg



Created by teachers, this multifaceted garden, nutrition, and physical activities curriculum is evidence-based and academically rich. Through a linear set of hands-on, proven lessons, students will better understand plants and how plants provide for people's needs. The 10-week (2 lessons/week) unit of study will step a class through process of establishing a thriving garden that is easy to create and easy to maintain.

**Free downloadable resources
available from website including:**

- ✓ Student Garden Journals
- ✓ Garden Kitchen Recipes
- ✓ Building School and Community Collaborations
- ✓ And Much More!

View videos on:

- ✓ Vegetable Growing
- ✓ Harvesting
- ✓ Shopping For and Preparing Vegetables
- ✓ Building Raised Beds and Container Gardens
- ✓ Fun Recipe Demonstrations for Children and Families

**For Sale items also available at
www.jmgkids.us/lgeg**

- ✓ LGE Classroom Curriculum
- ✓ Classroom sets of Garden Kitchen Recipes and Garden Journals
- ✓ LGE Online Curriculum & Teacher Training Course

**Order all of these resources as a complete curricula
set to start LGE in your school/community!**