



Base curriculum

- » **Week 1**
40 minutes – Know & Show Sombbrero
30 minutes – 5 Senses Food, **Tasting 1: Fresh carrots**
- » **Week 2**
30 minutes – *Tops & Bottoms*, Plant Parts We Eat
25 minutes – Nutrients to Grow
- » **Week 3**
15 minutes – Don't Crowd Me
25 minutes – Paper Towel Gardening
- » **Week 4**
35 minutes – *A Place to Grow*, Home Sweet Home
35 minutes – Balloon Hot Potato
- » **Week 5**
30 minutes – Rules are Rules and Schedule It*
30 minutes – MyPlate
- » **Week 6**
60 minutes – Veggie Research and Garden Graffiti
30 minutes – GO, SLOW, WHOA Classification
- » **Week 7**
30 minutes – 10 in 2 Color Box
40 minutes – 1-Week Dinner Tracker
- » **Week 8**
40 minutes – Fruity Beauty and Blind Taste Test
40 minutes – *Ugly Vegetables*, The Tasty Unknown, Paper Chain
- » **Week 9**
40 minutes – *Two Old Potatoes & Me*, Growing New from Old
40 minutes – Greasy Grid Evaluation
- » **Week 10**
40 minutes – Kitchen Cotton Quantity Conversion
40 minutes – *I Will Never Not Ever Eat a Tomato*, Menu Mind Makeovers

Base curriculum 2 lessons/week

To earn certification, the students in your class must complete the base curriculum and participate in a class service-learning project. [Page 173](#)

Garden start window of time

Vegetable/ plant features: and physical activity features

A	B	C
Food Exposure fresh sample Tasting 1: Carrots	Food exposure recipe demos Garden Kitchen:	60 Strong Class exercise: 1: Take a Walk
Tasting: ↑	Garden Kitchen: ↑	2: Team Bubble Burst
Tasting: ↑	Garden Kitchen: ↑	3: Hit the Deck Dash
Tasting: ↑	Garden Kitchen: ↑	4: 10x Multiplying Montior
Tasting: ↑	Garden Kitchen: ↑	5: Alphawalk
Tasting: ↑	Garden Kitchen: ↑	6: Scarecrow Tag
Tasting: ↑	Garden Kitchen: ↑	7: Playground Touch Map
Tasting: ↑	Garden Kitchen: ↑	8: Caterpillar Carry
Tasting: ↑	Garden Kitchen: ↑	9: Rainbow Relay
Tasting: ↑	Garden Kitchen: ↑	10: Favorite Walk

Choose 6 crops that will grow this season in your garden, and then assign a week to feature it!

Nutrient-dense planting list

Bell pepper, bok choy, broccoli, carrots, cherry tomatoes, cauliflower, potatoes, red leaf lettuce, spinach, squash, sugar snap peas, Swiss chard

Base Curriculum and Features