



When classrooms of students can get their hands dirty growing vegetables with a school garden project, they'll also be growing a host of academic gains, health benefits and opportunities to connect learning to students' homes/families.

ABOUT LEARN, GROW, EAT & GO! (LGEG):

Learn, Grow, Eat & GO! (LGEG) is the research & evidence-based curriculum project of the Junior Master Gardener® Program that combines academic achievement, gardening, nutrient-dense food experiences, physical activity, & school & family engagement.

Created by teachers, this a linear set of hands-on, proven lessons, will help students will better understand plants and how plants provide for people's needs. The 10-week (2 lessons/week) unit of study will step your class through process of establishing a thriving garden that is easy to create and maintain. The easy-to-follow curriculum features opportunities for fresh vegetable tasting/evaluation, simple recipe demos, and physical activities that research shows can improve on-task behavior and academic performance.

TIME COMMITMENT:

This is a 10-week (2 lessons/week) garden-based curriculum project. Depending on the growing season, vegetable gardens can continue to be harvested long after the initial 10 weeks.

HOW TO START:

Following the step-by-step *Learn, Grow, Eat & GO!* curriculum and using teacher resources (how-to videos, printable student pages/garden journals, parent newsletters) makes starting a successful garden curriculum project easier than you might think!

GRADE LEVEL:

Learn, Grow, Eat & GO! is geared specifically for students in grades 3 -5. LGEG is easily adaptable and has been successfully implemented in middle school classrooms as well as with students in younger grade levels.

