

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:

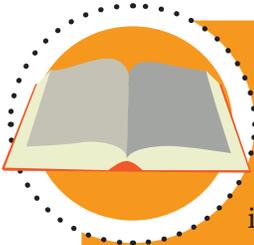
Following the step-by-step *Learn, Grow, Eat & GO!* curriculum and using teacher resources (how-to videos, printable student pages/garden journals, parent newsletters) makes starting a successful garden curriculum project easier than you might think!

## 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.



## Learn



Teach your class with this linear set of academically-rich and proven lessons. Created by teachers, the LGEG curriculum develops critical thinking skills in students, is classroom-friendly, fun to teach and easy-to-follow. In just 2 lessons per week, students will love learning about plants, what they need, how plants provide for our needs, and how a class can work together to provide for the garden.

## Grow

Help your class create an easy-to-build & even easier-to-maintain thriving garden. Your students will be the leaders this living/growing laboratory and will love the STEM learning incorporated in practical applications of planning, creating, developing, arranging, building, exploring and nurturing a successful garden project.



## EAT



**EAT** Give your class a taste of nutrient-dense food growing in their garden. Research shows that children often must be exposed to a new food repeatedly before they will “adopt” it into their diets. Through bite-sized sampling of fresh vegetables and classroom-friendly Garden Kitchen Recipe demos in Learn, Grow, Eat & Go!, your students will not only taste but they will be objective scientists and evaluate every sample on each of their 5 senses.

## GO

**GO** Introduce your class to the brain-boosting benefits of the fun and brief activity breaks featured in the GO section of the curriculum. Research shows that these type of short physical activity breaks can improve academic performance and on task behavior in the classroom. Your class will be better ready to learn after one these quick relays, games and challenges.



## Resources:

**Junior Master Gardener®  
Learn, Grow, Eat & Go!  
curriculum Website & Teacher  
Resources:**

[www.JMGkids.us/LGEG](http://www.JMGkids.us/LGEG)

**National Junior Master  
Gardener Program Office**

225 Horticulture/Forestry Bldg.

Texas A&M University College Station, TX

77843-2134

**Headquarters:** 979-845-8565

**Order Curriculum:** 979-985-5259

**Social Media:**

Instagram: jmgkids

Twitter: JMGKids

Facebook: Junior Master Gardener

