



# **“NUTRITION TO GROW ON” TOOLKIT FOR 4<sup>TH</sup>-6<sup>TH</sup> GRADES**

**Support the Goals of Your District’s Local School Wellness Policy by bringing Nutrition Education and Gardening Activities into your Classroom**

**“Nutrition to Grow On” Toolkit contains a standards-based curriculum addressing the following subjects:**

- Nutrition and Health
- Arts
- History
- Mathematics
- Environmental Studies
- Science

## **“Nutrition to Grow On” Toolkit: What is it?**

The toolkit is available for loan from your district. It contains the tools and supplies needed to create a classroom garden as well as the curriculum “Nutrition to Grow On” which includes lesson plans, overheads, classroom activities, and gardening instruction.



## **Help your students discover:**

- Nutrients
- My Pyramid
- Serving Sizes
- Food Labels
- Physical Activity
- Goal Setting
- Consumerism
- Healthy Snacks
- Planting, maintaining, and harvesting their own vegetable garden

# **RESERVE YOUR TOOLKIT NOW!**

**Contact your district office, wellness coordinator, or use the contact information below to locate your districts toolkit.**

### Contact Information

Carey N. Riccitelli, MPH  
County of San Diego  
Health and Human Services Agency North Regions  
600 East Valley Pkwy. • Escondido, CA 92025  
(760)740-4130 phone • (760)740-4196 fax  
[Carey.Riccitelli@sdcounty.ca.gov](mailto:Carey.Riccitelli@sdcounty.ca.gov)

Amy Haessly, RD  
University of California Cooperative Extension  
Farm & Home Advisors Office  
334 Via Vera Cruz, Suite 152 • San Marcos, CA 920760  
(760)752-4722 phone  
[achaessly@ucdavis.edu](mailto:achaessly@ucdavis.edu)



## “Nutrition to Grow On” Toolkit

### **WHAT:**

“Nutrition to Grow On” toolkits have been created to support upper elementary teachers’ efforts to teach nutrition and improve their students’ health. Each toolkit contains:

- The standards-based curriculum titled “Nutrition to Grow On” for 4<sup>th</sup> – 6<sup>th</sup> grades
  - 9 lessons each containing a 60-minute nutrition lesson and a 30-minute gardening activity
  - This curriculum teaches students about nutrition while taking them through the steps of planting, maintaining, and harvesting their own vegetable garden in the classroom.
- Nutrition activity supplies
- Gardening activity supplies
- Resources for additional education and gardening materials

### **WHO:**

- 21 school districts in the North Region will receive a toolkit.
- Toolkits are available for loan to classroom teachers of 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> grades who are interested in bringing standards-based nutrition education and gardening activities to their classrooms. Teachers can implement any or all of the activities.
- The toolkits will provide teachers with the supplies needed to bring container gardening activities into their classrooms.
- Toolkits were developed in collaboration with Healthlink North County and the University of California Cooperative Extension.
- Free teacher training is available to qualifying schools.

### **WHY:**

- Incorporating nutrition education activities into the classroom can support the goals of your district’s Local Wellness Policy.
- The “Nutrition to Grow On” toolkits were created to promote the use of gardens in the classroom as an educational tool to improve students’ knowledge and preference for healthy foods.
- Evaluation of this curriculum shows that by incorporating the gardening activities with the nutrition lessons, students’ nutrition knowledge and their preferences for vegetables improves.
- These toolkits will greatly reduce the amount of teacher preparation time needed to conduct the lessons and also serve as a support to teachers who may be unfamiliar with gardening or nutrition concepts.

**WHEN:** Toolkits will be available at each district starting in March 2007. The toolkits will be available for loan to teachers on a first-come, first-served basis.

**WHERE:** To locate and borrow the toolkit in your district contact your district office, wellness coordinator or Carey Riccitelli by phone at (760) 740-4130 or by email at: [carey.riccitelli@sdcountry.ca.gov](mailto:carey.riccitelli@sdcountry.ca.gov).

Teachers borrowing the toolkit will be asked to:

- Sign a contract ensuring the kit is returned complete and in good condition
- Complete an evaluation form regarding their experiences with the toolkit and their students’ experiences with the activities
- Submit the completed evaluation to be eligible to receive additional classroom resources.