



NUTRITION IN THE GARDEN

FOR EARLY CHILDHOOD EDUCATION

LUCRECIA FARFAN RAMIREZ, COUNTY DIRECTOR

UNIVERSITY OF CALIFORNIA
COOPERATIVE EXTENSION- ALAMEDA COUNTY

This material was produced by the California Department of Public Health's Network for a Healthy California with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households and can help buy nutritious foods for better health. For food stamp information, call 877-847-3883. For important nutrition information, visit www.cdph.org/ncsc/change.net.

Nutrition Education Training Academy (NETA)



- **Comprehensive nutrition, health, and wellness educational program for early childhood children and their families. A partnership program with Oakland Unified School District Early Childhood Program.**
 - 31 ECE Oakland sites
 - 64 teachers and 28 teacher assistants
 - 1,621 students
 - 296 parents

Educational Framework



NETA Impacts Schools, Children, Home and the Community

School	Children	Home	Community
<ul style="list-style-type: none">• Teacher Training• Professional Newsletter• Mentor Teacher Program• Professional Development• Demo & Field Trips	<ul style="list-style-type: none">• Nutrition Education• Edible School Garden• Physical Education• School Events• Monthly Food Tasting and Cooking	<ul style="list-style-type: none">• Nutrition Education Assistant Program• Parent Nutrition Education• Parent Newsletter	<ul style="list-style-type: none">• Community mobilization training• Parent Advisory Committees• Parent run school health fairs• Community Events

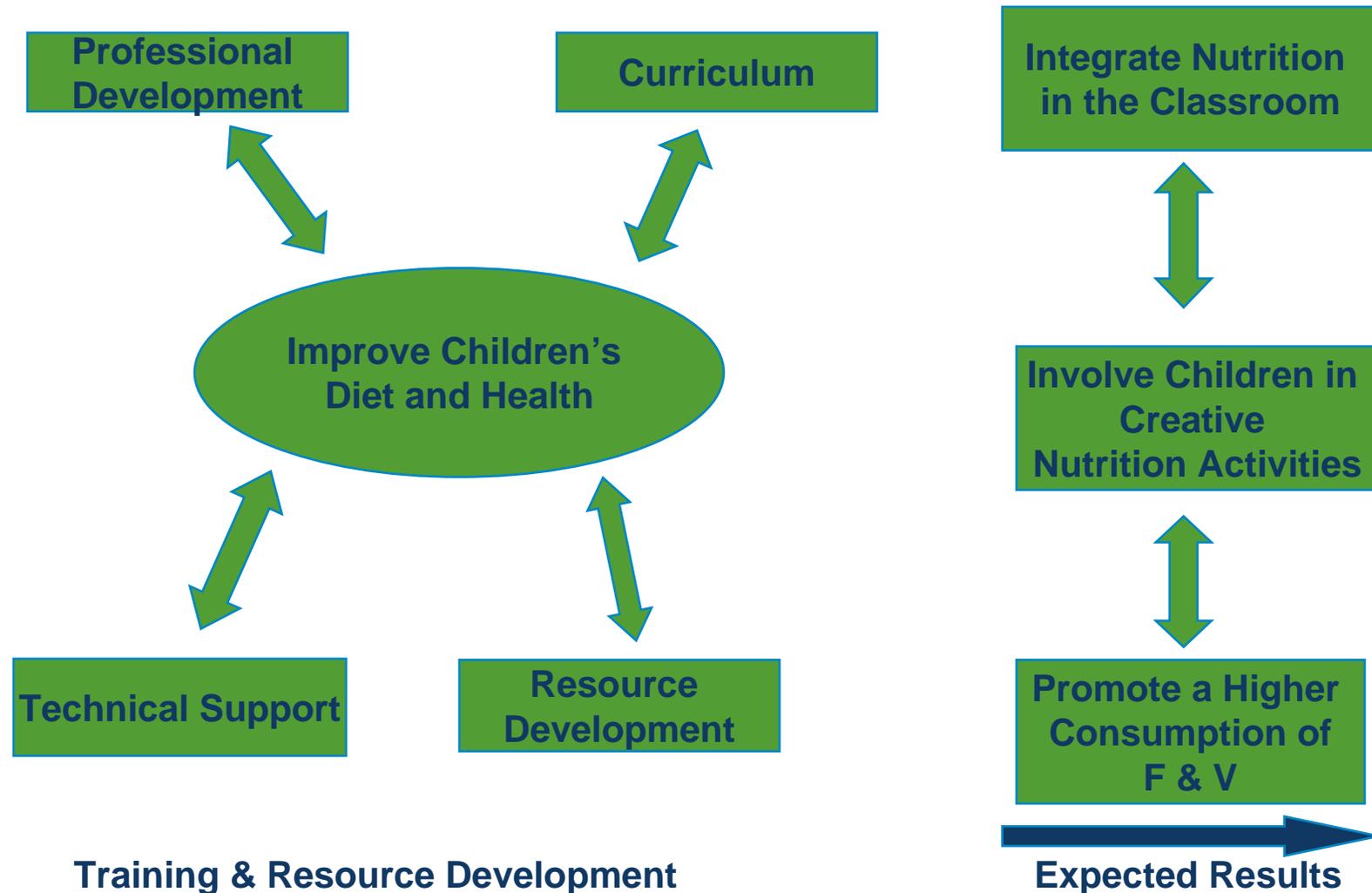


Nutrition Matters!



- **Increase Children's Cognitive Skills**
Each activity gets children familiar with numbers, letters, and vocabulary.
- **Expose Children to Social Development Activities**
Engage children in activities that help them get along with others and pay attention.
- **Promote Nutrition and Physical Development**
Offer children the opportunity to be active and eat better. Reinforce healthy eating habits through gardening experiences.

From the Garden to the Table



From the Garden to the Table



Benefits of Gardening in School

- Intellectual
- Psychological
- Health and Wellness



Intellectual Benefit

- **Increase Self-Awareness About Environmental Issues** (Subramaniam, 2003)
- **Teach Various Curriculum: Math, Language Arts**
- **Promote Hands-On Activities**
- **Learn Exploration and Inquiry**



Psychological Benefit

- **Develop Responsibility**
- **Increase Self-Esteem and Confidence**
- **Develop Patience**
- **Foster Work Ethic**
- **Feeling of Usefulness**
- **Improve Social Skills
and Behavior**



Health and Wellness



- **Improve Attitudes Toward Food and Vegetables**
- **Increases Preferences for Fruits and Veggies**
- **Develop Fine and Large Motor Skills**
- **Recreation and Physical Activity**



From the Garden to the Table



Each Lesson Includes:

- Main Objective**
- Desired Outcome**
- Connection to Desired Results**
- Indoor and Outdoor Garden Activity**
- Connection to Nutrition**
- Connection to Family**
- Snack of the Week**
- Other Recipes**

From the Garden to the Table



Nutrition Competency Pre-Kindergarten

- I. Relationship between the human body, nutrition and energy balance
- II. Know current nutrition and physical activity recommendation and how to apply them (A,B,C,D,E)
- III. Identify and explore factors influencing food choices (A,B)
- IV. Demonstrate proper food handling and storage to maximize the nutritional quality of food and personal hygiene to prevent food borne illness (food safety)
- V. Identify valid nutrition information and advocate for positive health policies and practices
- VI. Identify and explore influences, local, national, and global factors
- VII. Identify and explore variety of food related careers

Educational Connection



Art

Desired Results

CDR 1 & 2

Language

CDR 1

Cognitive Competence

CDR 2

Math

CDR 2

Motor Skills

CDR 3

Safety and Health

CDR 4

Desired results (DR) are defined as conditions of well-being for children and families. The DR system implemented by California Department of Education is a comprehensive approach that facilitates the achievement of DR for children and families.

From the Garden to the Table Guide



Step 1:

- **Decide What Kind of Activity You Want to Use**
 - Select a competency
 - Choose an activity
 - Determine interest in subject matter

Step 2:

- **Check the Competencies**
 - Listed on the top left of each page

Step 3:

- **Teaching Materials Are Numbered**
 - Teaching materials with list of activities and cook recipes 3-4