

Growing With Plants

A Nutrition Experience for 5th Graders Growing Greens in Your classroom

The unit includes three 50-minute lessons in a two week period. Utilizing a variety of hands-on, inter-active activities and games students will learn about nutrition in a fun and memorable way.

OBJECTIVES:

- 1) To learn about different kinds of fruits and vegetables and the importance of eating them every day.
- 2) To have students experience growing, harvesting and tasting sprouts they have grow.
- 3) to have students eat more fruits and vegetables in school and at home as a result of this 3-part teaching unit.

EVALUATION RESULTS:

The program was piloted at Lincoln school this year. After the lessons, the 68 students that participated stated the following benefits. With 60 students answering the post-program survey:

- 62% had eaten more of the fruits and vegetables offered in the school breakfast and lunch meals.
- 54% had eaten more or all of the fruits and vegetables offered at the school breakfast and lunch meals.
- 78% had eaten more fruits and vegetables at home.
- 78% enjoyed eating the sprouts they had grown.

To have this program available in your classroom for the 2009-2010 school year please indicate your interest to your school's principal right away to assist our program planning deadlines.

Offered free-of-charge by the Brown County UW-Extension Nutrition Education Program
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