



Growing Healthy Kids

Garden-Enhanced Nutrition Education

Version 5.0
Revised January 2017

A researched-based, hands-on and learner-centered curriculum for children in 2nd and 3rd grade with storybooks, coloring sheets, physical activities, journaling and gardening activities. Each of the seven lessons include options for an outdoor, indoor or mural garden.

Online at:

extension.oregonstate.edu/nep/garden_nutrition

This material was funded by in part by USDA's Supplemental Nutrition Assistance Program - SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. **SNAP puts healthy food within reach** – call Oregon Safe Net at 211. The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial and parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities). USDA is an equal opportunity provider and employer.

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Fifth Edition
Oregon State University Extension

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For the parents, teachers, volunteers and friends who help grow a new crop of gardeners.
Thank you for sharing your knowledge and enthusiasm.

In remembrance of Linda Lee “Sunny” Hunt
(August 25, 1953 to January 10, 2011)
whose legacy lives on in this curriculum and
in community gardens throughout Clatsop County, Oregon.

Acknowledgements

This curriculum began as a collaboration between Nutrition Education and Home Horticulture Extension faculty at Oregon State University, who together comprised the Garden Enhanced Nutrition Education (GENE) workgroup. GENE workgroup members included:

- Dana Baxter (Former Instructor, Family and Community Health, Oregon State University Extension Lane County)
- Anne Hoisington (Associate Professor of Practice, College of Public Health and Human Sciences)
- Sunny Hunt (deceased, formerly Community Development Director, Family and Community Health, Oregon State University Extension Clatsop County)
- Gail Langellotto (Statewide Coordinator, Oregon State University Extension Master Gardener Program)
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- Maureen Quinn (Faculty, Family and Community Health, Oregon State University Extension Washington County)
- Lauren Tobey (Statewide Coordinator, Oregon State University Extension Nutrition Education Program).

Team members worked together to develop lesson concepts, write and revise lessons, locate and collate supporting materials and pilot test lessons in schools.

In addition to the GENE workgroup, several individuals were crucial to the creation of this curriculum. Laura LaMotte created the graphic art and layout used throughout this curriculum. Laura also offered endless advice and ideas for how lesson elements might be visually interpreted. Tina Dodge Vera, Barbara Brody, Iris Carrasco, Jaime Fitch, Ashley Joyce, Kailin Greene and Sally Schulte shared lesson options, recipes and ideas that greatly enriched this curriculum. Oregon State University Extension faculty Dana Baxter, Maureen Quinn, Anne Hoisington, Melinda Manore, Jaime Fitch, Ashley Joyce, Elaine Schrupf, Christine Mouzong and Laura Bonazzoli provided critical reviews of various versions of the curriculum.

Washington State University's CHANGE curriculum served as the foundation for many of the lessons included in the Growing Healthy Kids curriculum.

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