



Garden-Based Learning Garden of Eaten'

As Parents, do you struggle to get your kids to eat healthy? Studies show that kids will eat what they grow! In this after school garden series, kids will learn about planting, growing, and harvesting organic produce. They will learn about seasonal produce and its important nutrients.

Without even realizing it, kids will be using math skills and learning the basic steps of the scientific process. In addition, they will be learning about soil with all the nutrients it offers, the plants nutritional needs, and the importance of composting.

Each class will include a garden topic discussion and activity, followed by a snack sampling of some seasonal produce. The children will be bringing home a container garden the last class.

Learning Through Gardening



*The more kids are engaging in growing and preparing their own foods, the more **INDEPENDENT** they become, and the more **WILLING** they are to eat healthier!*

Class Schedule

Time: TBA

Location: TBA

Cost: \$160 (plus \$40 material costs)

Date: TBA

Class Description

Session 1: Plant Parts & Function

Activity: Kids will make a plant part wrap to eat

Session 2: Soil Composition:

Activity: Sensory activity & tasting

Session 3: Food Web

Activity: Game & tasting

Session 4: Seasonal Gardening

Activity: Seasonal charting & tasting

Session 5: Eating the Rainbow

Activity: Game & tasting

Session 6: All About Herbs

Activity: Make your own herb dip

Session 7: Pollinators

Activity: Game & tasting

Session 8: Your Own Garden

Activity: Creating a container garden and tasting



ASK FOR MORE DETAILS!

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