

OREGON FARM TO SCHOOL AND SCHOOL GARDEN CURRICULAR RESOURCES



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Oregon Grown Curricula and Assorted
National Resources

A resource guide for educators across the state to increase school garden and farm to school activities in the classroom and beyond.

Oregon Farm to School and School Garden Curricular Resources

OREGON GROWN CURRICULA AND ASSORTED NATIONAL RESOURCES

Oregon is home to more than 500 school gardens. Thousands of pounds of local produce is served in school cafeterias across the state every year. Non-profits, school districts, universities and elected officials collaborate to bring Oregon kids closer to the source of their food. Oregon has a network of over 450 people who are connected to farm to school and school garden efforts in our state. These are great successes and we are ready to do more!

As a growing network of educators and advocates, the OFSSGN encourages anyone interested in farm to school or school garden efforts to begin with one small step. This guide contains no cost farm to school and school garden curriculum available digitally. Using this curricular guide to incorporate just one lesson about food systems, agriculture, nutrition, health or food literacy could be that step.

We encourage you to explore the benefits of incorporating place-based experiential learning into educational activities. Dig in and learn about soil. Research the characteristics of a bioregion. Observe weather patterns in a school garden. Intertwine the cultural history of Oregon with the plants and structures that surround us today. Let students taste the difference with fresh Oregon-grown fruits and veggies. Scale your vision down to the most minute details of your school's ecosystem and then back up again to the entirety of Oregon's uniqueness. We live in a state with a rich history, natural beauty and fertile land. Celebrate this by connecting students to the place they call home. By investigating the land and community that surrounds them, the concepts you teach will be more efficacious and immediate. We hope these resources will help you do just that!

If you have digitally accessible, free curriculum that you think belongs on this list, please email Megan O'Connor at mlo@uoregon.edu.

If you would like to join the Oregon Farm to School and School Garden Network, please email Megan Kemple at mkemple@lanefood.org.

PART ONE | CURRICULA FROM OREGON

Pre-K

Harvest for Healthy Kids, published in 2013

Age group	Infants - Pre-K
Focus	Nutrition Education, Garden Education
Academic Standards	Not tied to academic standards.
Structure and Content	This curriculum focuses on eight seasonal Oregon grown fruits or vegetables. Each fruit or veggie is celebrated in a comprehensive activity kit that includes an activity plan (with complete lesson plans, suggested books and expansion activities), picture cards, a “Teacher Bites Newsletter” (with historical and cultural information about the featured fruit or vegetable), a Family Newsletter (in English, Spanish and Russian) and healthful recipes.
Access	Free resource available at http://www.harvestforhealthykids.org/ Lessons are available for download but must provide name, email, zip code and create a login to get PDF’s of each activity kit.

Elementary School

School Garden Project of Lane County, published in 2013

Age group	Grades K - 6, with supplemental materials to allow for lesson to be tailored to various ages.
Focus	Garden Education
Academic Standards	Curriculum tied to <i>Oregon State Science Standards</i> .
Structure and Content	This set of gardening curriculum is broken down by fall and spring seasonal rotations. Each season has six lessons on key garden concepts (plant parts, adaptation, harvesting, soil etc.). This resource includes a three year rotation of lessons. Every lesson includes an in class, science based lesson, a garden activity and a game or expansion activity.
Access	Free resource available at www.schoolgardenproject.org under "Resources" tab. Lessons are available for download but you must provide your area code and state to get PDF's of each lesson.

Eat. Think. Grow., published in 2012

Age group	Grades K - 5
Focus	Garden Education, Food Literacy
Academic Standards	Variably tied to both <i>Oregon State Standards</i> and <i>Common Core Standards</i> .
Structure and Content	Eat.Think.Grow's curriculum includes three seasons of thematic units including anywhere from three to six lessons per season. Lessons build on one another from year to year creating a cumulative curriculum for the entirety of a student's elementary school experience. Garden concepts and activities guides students to explore all facets of their school community focusing on a variety of academic subjects, including the science, economics, history and social science.
Access	Free resource available at http://eatthinkgrow.org/

Oregon Agriculture in the Classroom, lessons updated periodically

Age group	Grades K - 12
Focus	Agriculture
Academic Standards	Variably tied to <i>Oregon State Standards</i> .
Structure and Content	An expansive collection of standalone lesson plans on subjects ranging from “animals” to “careers in agriculture.” Many of the lessons in this collection work to define the particularities of Oregon’s physical, cultural and ecological landscapes.
Access	Free resource available at http://aitc.oregonstate.edu/teachers/handson.htm

Oregon Nutrition Education Program’s Growing Healthy Kids: Garden Enhanced Nutrition Education, updated in 2013

Age group	2 nd grade
Focus	Nutrition Education
Academic Standards	Not linked to academic standards. Developed specifically for nutrition educators.
Structure and Content	Twelve lessons with six sections, each focused on integrating nutrition education with gardening activities. Lessons include recipes and take home materials to involve families.
Access	Free resource available http://extension.oregonstate.edu/nep/garden_nutrition/

Oregon Nutrition Education Program’s Enjoying Our Healthy Harvest, updated in 2013

Age group	4 th grade
Focus	Nutrition Education
Academic Standards	Not linked to academic standards. Developed specifically for nutrition educators.
Structure and Content	Nine lessons each focused on a specific Oregon grown fruit or vegetable comprise this curriculum. Food and knife safety guidelines as well as family newsletters are also included as supplemental material
Access	Free resources available at http://extension.oregonstate.edu/deschutes/enjoying-our-healthy-harvest

Middle School

Oregon Agriculture in the Classroom, lessons updated periodically

Age group	Grades K - 12
Focus	Agriculture
Academic Standards	Variably tied to <i>Oregon State Standards</i>.
Structure and Content	Expansive collection of standalone lesson plans on subjects ranging from “animals” to “careers in agriculture.” Many of the lessons in this collection work to define the particularities of Oregon’s physical, cultural and ecological landscapes.
Access	Free resource available at http://aitc.oregonstate.edu/teachers/handson.htm

High School

OSU College of Agricultural Sciences' Food For Thought Curriculum, published 2009

Age group	Grades K - 12
Focus	Food Literacy
Standards	Each lesson plan is tied to <i>Oregon State Standards</i> in the areas of Science, Language Arts and Career-Related Learning Standards.
Structure and Content	Twenty lesson plans focused on a special issue of <i>Oregon's Agricultural Progress</i> magazine devoted to the topic of "Food in Oregon."
Access	Free resource available at http://oregonprogress.oregonstate.edu/fall-2009/food-thought-curriculum Access to the issue is free and available online here: http://oregonprogress.oregonstate.edu/fall-2009

Oregon Agriculture in the Classroom, lessons updated periodically

Age group	Grades K - 12
Focus	Agriculture
Academic Standards	Variably tied to <i>Oregon State Standards</i> .
Structure and Content	Expansive collection of standalone lesson plans on subjects ranging from "animals" to "careers in agriculture." Many of the lessons in this collection work to define the particularities of Oregon's physical, cultural and ecological landscapes.
Access	Free resource available at http://aitc.oregonstate.edu/teachers/handson.htm

PART TWO | CURRICULA FROM CALIFORNIA

Elementary School

A Handful of Seeds, developed by Occidental Arts and Ecology Center, Occidental, CA

Age group	Grades 2 - 6
Focus	Garden Education
Academic Standards	Curriculum aligned with <i>California Educational Standards</i>
Structure and Content	This guide contains 13 lessons on seed saving and gardening. Lessons encompass math, science, history and language arts. Within this guide, teachers can also find outstanding contextualization materials including both the history of seed saving as well as the particular “seed stories” of four plants (amaranth, corn, potatoes and yarrow).
Access	Free resource available here http://www.oaec.org/sites/default/files/A-Handful-of-Seeds_0.pdf

Middle School

Nourish: Food and Community, copyrighted in 2010 developed by the Center for Ecoliteracy

Age group	Grades 6 - 8
Focus	Food Literacy
Academic Standards	<p>Nourish curriculum aligns with national curriculum standards and benchmarks from the:</p> <ul style="list-style-type: none"> ○ <i>National Council for the Social Studies</i> ○ <i>National Research Council</i> ○ <i>American Association for the Advancement of Science</i> ○ <i>Committee on National Health Education Standards.</i>
Structure and Content	<p>Includes seven lesson plans focused on engaging students in conversations about food systems and the implications of their personal food choices. Free videos and handouts accompany this curriculum. Also includes handouts in Spanish. Lessons culminate with a service projects as an end goal.</p>
Access	<p>Free resource available http://www.nourishlife.org/teach/. Must provide email address and zip code to download lessons.</p>

High School

Sustainable Agriculture Activity Guides, UC Davis Agricultural Sustainability Institute, Davis, CA

Age group	High School - College level
Focus	Agriculture, Food Literacy
Academic Standards	Not linked to specific standards.
Structure and Content	Nine lessons focused on field-based activities. Introduces diverse sustainable agriculture activities and concepts and all lessons can be completed within one hour.
Access	Free resource available at http://studentfarm.ucdavis.edu/edumat/saguides

PART THREE | NATIONAL RESOURCES

Pre-K

Growing Minds' Preschool Lesson Plans from Appalachian Sustainable Agriculture Project

Age Group	Pre-school
Focus	Nutrition Education
Academic Standards	Not tied to academic standards
Structure and Content	These plans focus on creating confident, adventurous eaters. Lessons focus on recipes and food exploration. All lessons are linked with suggested books to read as well.
Access	Free resource available at http://growing-minds.org/preschool-lesson-plans/

Elementary School**USDA's The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum, published in 2013**

Age group	Grades 3 - 4
Focus	Garden Education, Nutrition Education
Academic Standards	<p>Each lesson meets education standards in one or more of the following subjects:</p> <ul style="list-style-type: none"> • <i>Science (National Academy of Sciences)</i> • <i>English Language Arts (Common Core State Standards Initiative)</i> • <i>Math (Common Core State Standards Initiative)</i> • <i>Health (American Cancer Society)</i>
Structure and Content	<p>Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. This eleven-lesson curriculum for includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.</p>
Access	<p>Free resource available at http://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4-1</p>

USDA's Dig In! Standards-based Nutrition Education from the Ground Up, published 2013

Age Group	Grades 5 - 6
Focus	Garden Education, Nutrition Education
Academic Standards	<p>Each lesson meets education standards in one or more of the following subjects:</p> <ul style="list-style-type: none"> • <i>Science (National Academy of Sciences)</i> • <i>English Language Arts (Common Core State Standards Initiative)</i> • <i>Math (Common Core State Standards Initiative)</i> • <i>Health (American Cancer Society)</i>

Structure and Content	Ten inquiry-based lessons that engage students in growing, harvesting, tasting, and learning about fruits and vegetables. Includes supplemental materials like student handouts, teacher’s guides and posters.
Access	Free resource available at http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground

Vermont Farm to School Food, Farm and Nutrition Curriculum, published in 2011

Age group	Grades K - 12
Focus	Food Literacy
Academic Standards	Lessons are linked to <i>Vermont State Standards</i>
Structure and Content	Great example of a programmatic set of K – 12 curricula focused on creating food literate students. Vermont Food Education Everyday’s (FEED) curriculum is place-based and therefore specific to Vermont’s historical, cultural and physical landscapes. Each year contains a set of 4 - 7 lesson plans with full supplemental materials and assessment tools. K : Adopt a Calf 1 - 2 : Healthy Choices for Informed Decision Making 3 - 4 : Historical Foods of Vermont
Access	Free resource available at http://www.vtfeed.org/materials/vermont-farm-school-food-farm-and-nutrition-curriculum-unit

Minnesota School Gardens: A Guide to Gardening and Plant Science, published in 2013, Minnesota Department of Agriculture

Age group	Grades K - 12
Focus	Garden Education
Academic Standards	Lessons are linked to <i>Minnesota State Standards</i>
Structure and Content	This book covers all aspects of starting and maintaining school gardens. By giving stakeholders planning, budgeting and communications examples necessary to start a school garden, this resources covers a wide breadth of information, from liability to sustainability. It contains 31 plant–science based lessons aimed at a

	variety of age groups.
Access	Free resource available at http://www.mda.state.mn.us/en/kids/gardenguide.aspx

Cooking with Kids for a Healthy Future, Tasting Lessons

Age group	Grades K - 6
Focus	Nutrition Education
Academic Standards	Not linked to academic standards
Structure and Content	Free bilingual fruit and vegetable tasting lessons provide opportunities for children to explore healthful fresh food. Tasting lessons require no cooking and minimal food preparation. Students learn to use descriptive language, expand vocabulary, exercise choice, and articulate personal preferences. Includes lesson plans, food information and activities for elementary school children.
Access	Free resource available at http://cookingwithkids.net/free-tasting-lessons/

Middle School

Vermont Farm to School Food, Farm and Nutrition Curriculum, published in 2011

Age group	Grades K - 12
Focus	Food Literacy
Academic Standards	Lessons are linked to <i>Vermont State Standards</i>
Structure and Content	<p>Great example of a programmatic set of K – 12 curricula focused on creating food literate students. Vermont Food Education Everyday’s (FEED) curricula is place-based and therefore specific to Vermont. Each year contains a set of 4 - 7 lesson plans with full supplemental materials and assessment tools.</p> <p>5 – 6 : Exploring the Mad River Valley</p> <p>7 – 8 : The Origins of Civilization and Agriculture: Integrating the Study of Food</p>
Access	Free resource available at http://www.vtfeed.org/materials/vermont-farm-school-food-farm-and-nutrition-curriculum-unit

Minnesota School Gardens: A Guide to Gardening and Plant Science, published in 2013, Minnesota Department of Agriculture

Age group	Grades K - 12
Focus	Garden Education
Academic Standards	Lessons are linked to <i>Minnesota State Standards</i>
Structure and Content	<p>This book covers all aspects of starting and maintaining school gardens. By giving stakeholders planning, budgeting and communications examples necessary to start a school garden, this resources covers a wide breadth of information, from liability to sustainability. It contains 31 plant–science based lessons aimed at a variety of age groups.</p>
Access	Free resource available at http://www.mda.state.mn.us/en/kids/gardenguide.aspx

High School**Kentucky Farm to School Curriculum, published in 2013**

Age Group	Grades 9 - 12
Focus	Food Literacy
Academic Standards	Lessons linked to <i>Kentucky Core Academic Standards</i>
Structure and Content	Eight lessons focused on the impacts of local farming within communities and increasing knowledge about locally produced fruits and vegetables. Curriculum includes pre and post evaluation materials.
Access	Free resource available at http://www.kyagr.com/consumer/documents/FD_FS_Curriculum.pdf

John Hopkins School of Public Health's Teaching the Food System Curriculum

Age Group	High School - College
Focus	Food Literacy
Academic Standards	Not linked to specific academic standards
Structure and Content	This curriculum is broken into three units and is comprised of eleven classroom-ready modules that span issues in the food system from field to plate. Each lesson varies between 90 minutes and several hours.
Access	Free resource available at http://www.jhsph.edu/research/centers-and-institutes/teaching-the-food-system/curriculum/history_of_food.html

Farm to School Youth Leadership Curriculum, published in 2014 by the Institute for Agriculture and Trade Policy, Minneapolis MN.

Age Group	Grades 11 - 12
Focus	Food Literacy
Academic Standards	Curriculum tied to <i>Common Core State Standards</i>
Structure and Content	A comprehensive guide to creating student leaders ready to investigate their school and community food systems and then institute farm to school policies within them. Students learn the basics of food systems including how to communicate with producers to creating communication strategies within their

	community to increase awareness of Farm to School efforts.
Access	Free resource available at http://www.iatp.org/documents/farm-to-school-youth-leadership-curriculum-all-lessons-and-worksheets Lessons are available for download but must provide some identifying information to download PDF's of each lesson.

Minnesota School Gardens: A Guide to Gardening and Plant Science, published in 2013, Minnesota Department of Agriculture

Age group	Grades K - 12
Focus	Garden Education
Academic Standards	Lessons are linked to <i>Minnesota State Standards</i>
Structure and Content	This book covers all aspects of starting and maintaining school gardens. By giving stakeholders the planning, budgeting and communications examples necessary to start a school garden, this resources covers a wide breadth of information, from liability to sustainability. It contains 31 plant–science based lessons aimed at a variety of age groups.
Access	Free resource available at http://www.mda.state.mn.us/en/kids/gardenguide.aspx

Vermont Farm to School Food, Farm and Nutrition Curriculum, published in 2011

Age group	Grades K - 12
Focus	Food Literacy
Academic Standards	Lessons are linked to <i>Vermont State Standards</i>
Structure and Content	Great example of a programmatic set of K – 12 curricula focused on creating food literate students. Vermont Food Education Everyday's (FEED) curricula is place-based and therefore specific to Vermont. Each year contains a set of anywhere between 4 - 7 lesson plans with full supplemental materials and assessment tools. 9 – 11 : Good Food, Good Medicine 12 : Food First: An Inquiry into Local Food Issues and Service Learning

Access	Free resource available at http://www.vtfeed.org/materials/vermont-farm-school-food-farm-and-nutrition-curriculum-unit
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PART FOUR | ENHANCING YOUR OWN CURRICULUM RESOURCES

1. Center for Ecoliteracy *Rethinking School Lunches: A Visual Guide Linking Food, Culture, Health and the Environment* <http://www.ecoliteracy.org/sites/default/files/uploads/CEL-VisualGuide.pdf>

- Asks educators to think critically about engaging students in exploration that ties the cafeteria and classroom together in meaningful ways to enhance educational experiences.

2. Life Lab's Common Core in the Garden <http://www.lifelab.org/2013/12/content-standards/>

- Database tool to link Common Core Standards to existing curriculum.

3. The Edible School Yard <http://edibleschoolyard.org/resources-tools>

- A searchable database of user uploaded resources, searchable by subject, grade, season, resource type and program type.