

# GARDEN BITES

A PARTNERSHIP BETWEEN COMMON THREADS AND THE KITCHEN COMMUNITY

## Standards Alignment: 3<sup>rd</sup> Grade through 5<sup>th</sup> Grade

The Garden Bites curriculum is composed of 15 lessons, **8 nutrition-focused** and **7 garden-focused**, that work in tandem to expose students to hands-on nutrition education in their school's garden. The curriculum is designed to be taught by classroom teachers and the lessons align to national standards, including: National Health Education Standards (NHES), Next Generation Science Standards (NGSS), and Common Core State Standards (CCSS) for English Language Arts (ELA) and Math.

Below you will find an overview of the standards aligned with each lesson. Please note that each lesson will have greater about standards alignment.

Lesson Number and Title	NHES	CCSS ELA	CCSS Math	NGSS
<b>Lesson 1:</b> Making Observations		✓		✓
<b>Lesson 2:</b> Chef's Plate	✓	✓	✓	
<b>Lesson 3:</b> Nutrition Labels	✓	✓	✓	
<b>Lesson 4:</b> Seeds We Eat		✓		✓
<b>Lesson 5:</b> Protein	✓	✓	✓	
<b>Lesson 6:</b> Roots We Eat		✓		✓
<b>Lesson 7:</b> Whole Grains	✓	✓	✓	
<b>Lesson 8:</b> Stems We Eat		✓		✓
<b>Lesson 9:</b> Hydration	✓	✓	✓	
<b>Lesson 10:</b> Leaves We Eat		✓		✓
<b>Lesson 11:</b> Fats	✓	✓	✓	
<b>Lesson 12:</b> Flowers & Fruits We Eat		✓		✓
<b>Lesson 13:</b> Fruits & Veggies	✓	✓	✓	
<b>Lesson 14:</b> I Can Eat a Whole Plant		✓		✓
<b>Lesson 15:</b> Make it Count	✓	✓	✓	

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- 1: Making Observations:** Explore your school garden using scientific observation skills.
- ✓ **3** – **NGSS:** 3-LS1-1; **CCSS ELA:** W.3.7, 3.8; SL.3.1, 3.3, 3.4, 3.6; L.3.1, 3.2, 3.3
  - ✓ **4** – **NGSS:** 4-LS1-1; **CCSS ELA:** W.4.7, 4.8; SL.4.1, 4.2, 4.4; L.4.1, 4.2, 4.3
  - ✓ **5** – **NGSS:** 5-LS1-1; **CCSS ELA:** W.5.7, 5.8; SL.5.1, 5.2, 5.3; L.5.1, 5.2, 5.3
- 2: Chef's Plate:** Become familiar with how to use and read a recipe.
- ✓ **3** – **NHES:** HE 1.5.13, 1.5.14, 1.5.15, 2.5.1; **CCSS ELA:** W.3.2; **CCSS Math:** 3.MD.A.2
  - ✓ **4** – **NHES:** HE 1.5.13, 1.5.14, 1.5.15, 2.5.1; **CCSS ELA:** W.4.2; **CCSS Math:** 4.MD.A.1
  - ✓ **5** – **NHES:** HE 1.5.13, 1.5.14, 1.5.15, 2.5.1; **CCSS ELA:** W.5.2; **CCSS Math:** 5.NF.B.4
- 3: Nutrition Labels:** Learn how to read and interpret a nutrition label
- ✓ **3** – **NHES:** HE 1.5.10, 1.5.16, 2.5.2; **CCSS ELA:** SL.3.1; **CCSS Math:** 3.MD.A.2
  - ✓ **4** – **NHES:** HE 1.5.10, 1.5.16, 2.5.2; **CCSS ELA:** W.4.2; **CCSS Math:** 4.NBT.B.5
  - ✓ **5** – **NHES:** HE 1.5.10, 1.5.16, 2.5.2; **CCSS ELA:** W.5.2; **CCSS Math:** 5.NF.B.5.A
- 4: Seeds We Eat:** Make scientific observations about edible seeds in your school's garden.
- ✓ **3** – **NGSS:** 3-LS1-1; **CCSS ELA:** W.3.7, 3.8; SL.3.1, 3.3, 3.4, 3.6; L.3.1, 3.2, 3.3
  - ✓ **4** – **NGSS:** 4-LS1-1; **CCSS ELA:** W.4.7, 4.8; SL.4.1, 4.2, 4.4; L.4.1, 4.2, 4.3
  - ✓ **5** – **NGSS:** 5-LS1-1; **CCSS ELA:** W.5.7, 5.8; SL.5.1, 5.2, 5.3; L.5.1, 5.2, 5.3
- 5: Protein:** Learn the importance of protein and the different sources of healthy proteins.
- ✓ **3** – **NHES:** HE 1.5.1, 1.5.2, 1.5.4, 2.5.4; **CCSS ELA:** W.3.8; **CCSS Math:** 3.MD.B.3
  - ✓ **4** – **NHES:** HE 1.5.1, 1.5.2, 1.5.4, 2.5.4; **CCSS ELA:** W.4.2; **CCSS Math:** 4.MD.B.4
  - ✓ **5** – **NHES:** HE 1.5.1, 1.5.2, 1.5.4, 2.5.4; **CCSS ELA:** L.5.4; **CCSS Math:** 5.NF.B.6
- 6: Roots We Eat:** Make scientific observations about edible roots in your school's garden.
- ✓ **3** – **NGSS:** 3-LS1-1; **CCSS ELA:** W.3.7, 3.8; SL.3.1, 3.3, 3.4, 3.6; L.3.1, 3.2, 3.3
  - ✓ **4** – **NGSS:** 4-LS1-1; **CCSS ELA:** W.4.7, 4.8; SL.4.1, 4.2, 4.4; L.4.1, 4.2, 4.3
  - ✓ **5** – **NGSS:** 5-LS1-1; **CCSS ELA:** W.5.7, 5.8; SL.5.1, 5.2, 5.3; L.5.1, 5.2, 5.3
- 7: Whole Grains:** Learn the importance of whole grains and how to identify whole grains.
- ✓ **3** – **NHES:** HE 1.5.1, 1.5.2, 1.5.4, 2.5.5; **CCSS ELA:** SL.3.1; **CCSS Math:** 3.MD.A.1
  - ✓ **4** – **NHES:** HE 1.5.1, 1.5.2, 1.5.4, 2.5.5; **CCSS ELA:** SL.4.4; **CCSS Math:** 4.NF.A.2
  - ✓ **5** – **NHES:** HE 1.5.1, 1.5.2, 1.5.4, 2.5.5; **CCSS ELA:** W.5.2; **CCSS Math:** 5.NF.A.2
- 8: Stems We Eat:** Make scientific observations about edible stems in your school's garden.
- ✓ **3** – **NGSS:** 3-LS1-1; **CCSS ELA:** W.3.7, 3.8; SL.3.1, 3.3, 3.4, 3.6; L.3.1, 3.2, 3.3
  - ✓ **4** – **NGSS:** 4-LS1-1; **CCSS ELA:** W.4.7, 4.8; SL.4.1, 4.2, 4.4; L.4.1, 4.2, 4.3
  - ✓ **5** – **NGSS:** 5-LS1-1; **CCSS ELA:** W.5.7, 5.8; SL.5.1, 5.2, 5.3; L.5.1, 5.2, 5.3

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**9: Healthy Hydration:** Learn healthy ways to hydrate and visualize the amount of sugar in drinks.

- ✓ **3** – NHES: HE 1.5.5, 1.5.6, 1.5.9, 1.5.11, 2.5.6; **CCSS ELA:** W.3.10; **CCSS Math:** 3.MD.B.3
- ✓ **4** – NHES: HE 1.5.5, 1.5.6, 1.5.9, 1.5.11, 2.5.6; **CCSS ELA:** W.4.7; **CCSS Math:** 4.G.A.1
- ✓ **5** – NHES: HE 1.5.5, 1.5.6, 1.5.9, 1.5.11, 2.5.6; **CCSS ELA:** SL.5.1; **CCSS Math:** 5.MD.B.2

**10: Leaves We Eat:** Make scientific observations about edible leaves in your school's garden

- ✓ **3** – NGSS: 3-LS1-1; **CCSS ELA:** W.3.7, 3.8; SL.3.1, 3.3, 3.4, 3.6; L.3.1, 3.2, 3.3
- ✓ **4** – NGSS: 4-LS1-1; **CCSS ELA:** W.4.7, 4.8; SL.4.1, 4.2, 4.4; L.4.1, 4.2, 4.3
- ✓ **5** – NGSS: 5-LS1-1; **CCSS ELA:** W.5.7, 5.8; SL.5.1, 5.2, 5.3; L.5.1, 5.2, 5.3

**11: Facts on Fat:** Learn about sources of fat, types of fat, and the role that fat plays in a healthy diet.

- ✓ **3** – NHES: HE 1.5.7, 1.5.8, 1.5.11, 2.5.7; **CCSS ELA:** W.3.7; **CCSS Math:** 3.NBT.A.1, A.3
- ✓ **4** – NHES: HE 1.5.7, 1.5.8, 1.5.11, 2.5.7; **CCSS ELA:** W.4.8; **CCSS Math:** 4.MD.B.4
- ✓ **5** – NHES: HE 1.5.7, 1.5.8, 1.5.11, 2.5.7; **CCSS ELA:** SL.5.3; **CCSS Math:** 5.MD.C.4

**12: Fruits & Flowers We Eat:** Make scientific observations about edible fruits and flowers in your school's garden.

- ✓ **3** – NGSS: 3-LS1-1; **CCSS ELA:** W.3.7, 3.8; SL.3.1, 3.3, 3.4, 3.6; L.3.1, 3.2, 3.3
- ✓ **4** – NGSS: 4-LS1-1; **CCSS ELA:** W.4.7, 4.8; SL.4.1, 4.2, 4.4; L.4.1, 4.2, 4.3
- ✓ **5** – NGSS: 5-LS1-1; **CCSS ELA:** W.5.7, 5.8; SL.5.1, 5.2, 5.3; L.5.1, 5.2, 5.3

**13: Fruits and Vegetables:** Learn about health benefits and how to paint your plate with color.

- ✓ **3** – NHES: HE 1.5.1, 1.5.2, 1.5.3, 1.5.4, 2.5.3; **CCSS ELA:** W.3.8; **CCSS Math:** 3.MD.A.2
- ✓ **4** – NHES: HE 1.5.1, 1.5.2, 1.5.3, 1.5.4, 2.5.3; **CCSS ELA:** SL.4.1; **CCSS Math:** 4.NF.A.2
- ✓ **5** – NHES: HE 1.5.1, 1.5.2, 1.5.3, 1.5.4, 2.5.3; **CCSS ELA:** SL.5.1; **CCSS Math:** 5.MD.C.3.A, 3.C.B

**14: Plants We Eat:** Connect the six plant parts to the plant lifecycle in your school's garden.

- ✓ **3** – NGSS: 3-LS1-1; **CCSS ELA:** W.3.7, 3.8; SL.3.1, 3.3, 3.4, 3.6; L.3.1, 3.2, 3.3
- ✓ **4** – NGSS: 4-LS1-1; **CCSS ELA:** W.4.7, 4.8; SL.4.1, 4.2, 4.4; L.4.1, 4.2, 4.3
- ✓ **5** – NGSS: 5-LS1-1; **CCSS ELA:** W.5.7, 5.8; SL.5.1, 5.2, 5.3; L.5.1, 5.2, 5.3

**15: Make It Count:** Review what you have learned and set a healthy food-related goal.

- ✓ **3** – NHES: HE 1.5.12; **CCSS ELA:** W.3.1; **CCSS Math:** 3.G.A.2
- ✓ **4** – NHES: HE 1.5.12; **CCSS ELA:** SL.4.7; **CCSS Math:** 4.NF.A.2
- ✓ **5** – NHES: HE 1.5.12; **CCSS ELA:** W.5.2; **CCSS Math:** 5.NBT.B.7