

GARDEN BITES

A PARTNERSHIP BETWEEN COMMON THREADS AND THE KITCHEN COMMUNITY

Standards Alignment: 6th Grade through 8th 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
Lesson 1: Making Claims		✓		✓
Lesson 2: Chef's Plate	✓	✓	✓	✓
Lesson 3: Nutrition Labels	✓	✓	✓	
Lesson 4: Seeds We Eat		✓		✓
Lesson 5: Protein	✓	✓	✓	✓
Lesson 6: Roots We Eat		✓		✓
Lesson 7: Whole Grains	✓	✓	✓	✓
Lesson 8: Stems We Eat		✓		✓
Lesson 9: Hydration	✓	✓	✓	✓
Lesson 10: Leaves We Eat		✓		✓
Lesson 11: Fats	✓	✓	✓	✓
Lesson 12: Flowers & Fruits We Eat		✓		✓
Lesson 13: Fruits & Veggies	✓	✓	✓	✓
Lesson 14: I Can Eat a Whole Plant		✓		✓
Lesson 15: Make it Count	✓	✓	✓	✓

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1: Making Claims: Make claims supported with evidence in your school garden.

- ✓ **6 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.6.1, 6.7; SL.6.1, 6.4; L.6.2, 6.2, 6.3, RI.6.1; RST.6-8.1, 6-8.7
- ✓ **7 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.7.1, 7.7; SL.7.1, 7.4; L.7.2, 7.2, 7.3, RI.7.1; RST.6-8.1, 6-8.7
- ✓ **8 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.8.1, 8.7; SL.8.1, 8.4; L.8.2, 8.2, 8.3, RI.8.1; RST.6-8.1, 6-8.7

2: Chef's Plate: Become familiar with how to use and read a recipe.

- ✓ **6 – NHES:** HE 1.8.16, 19, 20, 2.8.1, 7; **NGSS:** MS-PS1-1; **CCSS ELA:** RI.6.7; **CCSS Math:** 6.G
- ✓ **7 – NHES:** HE 1.8.16, 19, 20, 2.8.1, 7; **NGSS:** MS-PS1-1; **CCSS ELA:** W.7.1; **CCSS Math:** 7.RP.A.1
- ✓ **8 – NHES:** HE 1.8.16, 19, 20, 2.8.1, 7; **NGSS:** MS-PS1-2; **CCSS ELA:** W.8.7; **CCSS Math:** 8.G.C.9

3: Nutrition Labels: Learn how make informed choices based on dietary guidelines from nutrition labels.

- ✓ **6 – NHES:** HE 1.8.13, 18, 22, 2.8.1, 7; **CCSS ELA:** RI.6.7; **CCSS Math:** 6.NS.B.2
- ✓ **7 – NHES:** HE 1.8.13, 18, 22, 2.8.1, 7; **CCSS ELA:** RI.7.1; **CCSS Math:** 7.SP.A.2
- ✓ **8 – NHES:** HE 1.8.13, 18, 22, 2.8.1, 7; **CCSS ELA:** RI.8.4; **CCSS Math:** 8.EE.B.5

4: Seeds We Eat: Make claims supported by evidence about edible seeds in your school's garden.

- ✓ **6 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.6.1, 6.7; SL.6.1, 6.4; L.6.2, 6.2, 6.3, RI.6.1; RST.6-8.1, 6-8.7
- ✓ **7 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.7.1, 7.7; SL.7.1, 7.4; L.7.2, 7.2, 7.3, RI.7.1; RST.6-8.1, 6-8.7
- ✓ **8 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.8.1, 8.7; SL.8.1, 8.4; L.8.2, 8.2, 8.3, RI.8.1; RST.6-8.1, 6-8.7

5: Protein: Compare animal-based proteins and protein-rich snack options based on the nutrition label.

- ✓ **6 – NHES:** HE 1.8.1, 2, 4, 6, 7; **NGSS:** MS-ESS3-4; **CCSS ELA:** W.6.4; **CCSS Math:** 6.NS.B.3
- ✓ **7 – NHES:** HE 1.8.1, 2, 4, 6, 7; **NGSS:** MS-LS1-6; **CCSS ELA:** SL.7.4; **CCSS Math:** 7.EE.A.2
- ✓ **8 – NHES:** HE 1.8.1, 2, 4, 6, 7; **NGSS:** MS-ETS1-4; **CCSS ELA:** SL.8.1; **CCSS Math:** 8.F.B

6: Roots We Eat: Make claims supported by evidence about edible roots in your school's garden.

- ✓ **6 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.6.1, 6.7; SL.6.1, 6.4; L.6.2, 6.2, 6.3, RI.6.1; RST.6-8.1, 6-8.7
- ✓ **7 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.7.1, 7.7; SL.7.1, 7.4; L.7.2, 7.2, 7.3, RI.7.1; RST.6-8.1, 6-8.7
- ✓ **8 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.8.1, 8.7; SL.8.1, 8.4; L.8.2, 8.2, 8.3, RI.8.1; RST.6-8.1, 6-8.7

7: Whole Grains: Conduct a science experiment to see whole grains and refined grains in action.

- ✓ **6 – NHES:** HE 1.8.1, 2, 4, 7, 9, 10, 15, 2.8.5; **NGSS:** MS-LS2-5; **CCSS ELA:** RI.6.1; **CCSS Math:** 6.RP.A.1
- ✓ **7 – NHES:** HE 1.8.1, 2, 4, 7, 9, 10, 15, 2.8.5; **NGSS:** MS-PS1-1; **CCSS ELA:** SL.7.1; **CCSS Math:** 7.NS.A.3
- ✓ **8 – NHES:** HE 1.8.1, 2, 4, 7, 9, 10, 15, 2.8.5; **NGSS:** MS-PS1-2; **CCSS ELA:** SL.8.4; **CCSS Math:** 8.EE.C.9

8: Stems We Eat: Make claims supported by evidence about edible stems in your school's garden.

- ✓ **6 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.6.1, 6.7; SL.6.1, 6.4; L.6.2, 6.2, 6.3, RI.6.1; RST.6-8.1, 6-8.7
- ✓ **7 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.7.1, 7.7; SL.7.1, 7.4; L.7.2, 7.2, 7.3, RI.7.1; RST.6-8.1, 6-8.7
- ✓ **8 – NGSS:** MS-LS1-4, 5, 6; **CCSS ELA:** W.8.1, 8.7; SL.8.1, 8.4; L.8.2, 8.2, 8.3, RI.8.1; RST.6-8.1, 6-8.7

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9: Healthy Hydration: Learn healthy drink options and the health implications of sugary beverages.

- ✓ **6** – NHES: HE 1.8.8, 11, 12, 13, 2.8.6; NGSS: MS-ESS3-3; CCSS ELA: RI.6.1; CCSS Math: 6.NS.B.3
- ✓ **7** – NHES: HE 1.8.8, 11, 12, 13, 2.8.6; NGSS: MS-LS1-8; CCSS ELA: SL.7.2; CCSS Math: 7.NS.A.2
- ✓ **8** – NHES: HE 1.8.8, 11, 12, 13, 2.8.6; NGSS: MS-ESS3-3; CCSS ELA: SL.8.2; CCSS Math: 8.SP.A.1

10: Leaves We Eat: Make claims supported by evidence about edible leaves in your school's garden

- ✓ **6** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.6.1, 6.7; SL.6.1, 6.4; L.6.2, 6.2, 6.3, RI.6.1; RST.6-8.1, 6-8.7
- ✓ **7** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.7.1, 7.7; SL.7.1, 7.4; L.7.2, 7.2, 7.3, RI.7.1; RST.6-8.1, 6-8.7
- ✓ **8** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.8.1, 8.7; SL.8.1, 8.4; L.8.2, 8.2, 8.3, RI.8.1; RST.6-8.1, 6-8.7

11: Facts on Fat: Learn about various types of fat and how each of those types impacts our health.

- ✓ **6** – NHES: HE 1.8.7, 13, 14, 2.8.8; NGSS: MS-PS1-3; CCSS ELA: RI.6.1; CCSS Math: 6.RP.A.1
- ✓ **7** – NHES: HE 1.8.7, 13, 14, 2.8.8; NGSS: MS-LS1-7; CCSS ELA: RI.7.1; CCSS Math: 7.SP.A.1
- ✓ **8** – NHES: HE 1.8.7, 13, 14, 2.8.8; CCSS ELA: SL.8.2; CCSS Math: 8.G.C.9

12: Fruits & Flowers We Eat: Make claims supported by evidence about edible fruits and flowers in your school's garden.

- ✓ **6** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.6.1, 6.7; SL.6.1, 6.4; L.6.2, 6.2, 6.3, RI.6.1; RST.6-8.1, 6-8.7
- ✓ **7** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.7.1, 7.7; SL.7.1, 7.4; L.7.2, 7.2, 7.3, RI.7.1; RST.6-8.1, 6-8.7
- ✓ **8** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.8.1, 8.7; SL.8.1, 8.4; L.8.2, 8.2, 8.3, RI.8.1; RST.6-8.1, 6-8.7

13: Fruits and Vegetables: Learn the role vegetables and fruits play in a healthy diet.

- ✓ **6** – NHES: HE 1.8.1, 2, 4, 5, 2.8.3; NGSS: MS-LS3-2; CCSS ELA: SL.6.4; CCSS Math: 6.EE.C.9
- ✓ **7** – NHES: HE 1.8.1, 2, 4, 5, 2.8.3; NGSS: MS-LS1-2; CCSS ELA: SL.7.4; CCSS Math: 7.RP.A.2
- ✓ **8** – NHES: HE 1.8.1, 2, 4, 5, 2.8.3; NGSS: MS-ESS2-6; CCSS ELA: W.8.7; CCSS Math: 8.EE.B.5

14: Plants We Eat: Create a plant part sandwich for the final Garden Bites lesson.

- ✓ **6** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.6.1, 6.7; SL.6.1, 6.4; L.6.2, 6.2, 6.3, RI.6.1; RST.6-8.1, 6-8.7
- ✓ **7** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.7.1, 7.7; SL.7.1, 7.4; L.7.2, 7.2, 7.3, RI.7.1; RST.6-8.1, 6-8.7
- ✓ **8** – NGSS: MS-LS1-4, 5, 6; CCSS ELA: W.8.1, 8.7; SL.8.1, 8.4; L.8.2, 8.2, 8.3, RI.8.1; RST.6-8.1, 6-8.7

15: Make It Count: Reflect on your food landscape in your community-based on the maps.

- ✓ **6** – NHES: HE 1.8.17, 2.8.9; NGSS: MS-LS2-5; CCSS ELA: SL.6.4; CCSS Math: 6.NS.B.3
- ✓ **7** – NHES: HE 1.8.17, 2.8.9; NGSS: MS-ESS2-6; CCSS ELA: SL.7.4; CCSS Math: 7.SP.C.8
- ✓ **8** – NHES: HE 1.8.17, 2.8.9; NGSS: MS-LS1-5; CCSS ELA: SL.8.6; CCSS Math: 8.G