

GARDEN BITES

A partnership between Common Threads and Big Green

Standards Alignment: Kindergarten through 2nd 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: My 5 Senses		✓		✓
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: My 5 Senses: Explore your school garden using your senses.

- ✓ K – NGSS: K-LS1-1; CCSS ELA: W.K.8; SL.K.1, K.3, K.4, K.5; L.K.1, K.2
- ✓ 1 – NGSS: 1-LS1-1; CCSS ELA: W.1.8; SL.1.1, 1.3, 1.4, 1.5, 1.6; L.1.1, 1.2
- ✓ 2 – NGSS: 2-LS1-1; CCSS ELA: W.2.8; SL.2.1, 2.3, 2.4, 2.6; L.2.1, 2.2

2: Chef's Plate: Become familiar with each of the major food groups.

- ✓ K – NHES: HE 1.2.1, 1.2.7, 2.2.1; CCSS ELA: RF.K.2, L.K.2; CCSS Math: K.G.B.6
- ✓ 1 – NHES: HE 1.2.1, 1.2.7, 2.2.1; CCSS ELA: RF.1.2, L.1.2; CCSS Math: 1.NBT.B.3
- ✓ 2 – NHES: HE 1.2.1, 1.2.7, 2.2.1; CCSS ELA: RF.2.4, L.2.2; CCSS Math: 2.NBT.A.4

3: Whoa, Slow, Go Foods: Learn that some foods can offer more nutrition than others.

- ✓ K – NHES: HE 1.2.2, 2.2.2; CCSS ELA: RF.K.2, L.K.2; CCSS Math: K.G.B.6
- ✓ 1 – NHES: HE 1.2.2, 2.2.2; CCSS ELA: RF.1.2, L.1.2; CCSS Math: 1.NBT.B.3
- ✓ 2 – NHES: HE 1.2.2, 2.2.2; CCSS ELA: RF.2.4, L.2.2; CCSS Math: 2.NBT.A.4

4: Seeds We Eat: Explore edible seeds in your school's garden.

- ✓ K – NGSS: K-LS1-1; CCSS ELA: W.K.8; SL.K.1, K.3, K.4, K.5; L.K.1, K.2
- ✓ 1 – NGSS: 1-LS1-1; CCSS ELA: W.1.8; SL.1.1, 1.3, 1.4, 1.5, 1.6; L.1.1, 1.2
- ✓ 2 – NGSS: 2-LS1-1; CCSS ELA: W.2.8; SL.2.1, 2.3, 2.4, 2.6; L.2.1, 2.2

5: Protein: Learn about protein sources and the health benefits of eating protein.

- ✓ K – NHES: HE 1.2.2, 1.2.3, 2.2.3; CCSS ELA: RF.K.2, L.K.2; CCSS Math: K.G.B.6
- ✓ 1 – NHES: HE 1.2.2, 1.2.3, 2.2.3; CCSS ELA: RF.1.2, L.1.2; CCSS Math: 1.NBT.B.3
- ✓ 2 – NHES: HE 1.2.2, 1.2.3, 2.2.3; CCSS ELA: RF.2.4, L.2.2; CCSS Math: 2.NBT.A.4

6: Roots We Eat: Explore edible roots in your school's garden.

- ✓ K – NGSS: K-LS1-1; CCSS ELA: W.K.8; SL.K.1, K.3, K.4, K.5; L.K.1, K.2
- ✓ 1 – NGSS: 1-LS1-1; CCSS ELA: W.1.8; SL.1.1, 1.3, 1.4, 1.5, 1.6; L.1.1, 1.2
- ✓ 2 – NGSS: 2-LS1-1; CCSS ELA: W.2.8; SL.2.1, 2.3, 2.4, 2.6; L.2.1, 2.2

7: Whole Grains: Learn about whole grain sources and the role they play in a balanced diet.

- ✓ K – NHES: HE 1.2.6, 2.2.4, 2.2.5; CCSS ELA: RF.K.2, L.K.2; CCSS Math: K.G.B.6
- ✓ 1 – NHES: HE 1.2.6, 2.2.4, 2.2.5; CCSS ELA: RF.1.2, L.1.2; CCSS Math: 1.NBT.B.3
- ✓ 2 – NHES: HE 1.2.6, 2.2.4, 2.2.5; CCSS ELA: RF.2.4, L.2.2; CCSS Math: 2.NBT.A.4

8: Stems We Eat: Explore edible stems in your school's garden.

- ✓ K – NGSS: K-LS1-1; CCSS ELA: W.K.8; SL.K.1, K.3, K.4, K.5; L.K.1, K.2
- ✓ 1 – NGSS: 1-LS1-1; CCSS ELA: W.1.8; SL.1.1, 1.3, 1.4, 1.5, 1.6; L.1.1, 1.2
- ✓ 2 – NGSS: 2-LS1-1; CCSS ELA: W.2.8; SL.2.1, 2.3, 2.4, 2.6; L.2.1, 2.2

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9: Healthy Hydration: Learn how to choose drink options with less sugar.

- ✓ K – NHES: HE 1.2.4, 1.2.5, 2.2.1; CCSS ELA: RF.K.2, L.K.2; CCSS Math: K.G.B.6
- ✓ 1 – NHES: HE 1.2.4, 1.2.5, 2.2.1; CCSS ELA: RF.1.2, L.1.2; CCSS Math: 1.NBT.B.3
- ✓ 2 – NHES: HE 1.2.4, 1.2.5, 2.2.1; CCSS ELA: RF.2.4, L.2.2; CCSS Math: 2.NBT.A.4

10: Leaves We Eat: Explore edible leaves in your school's garden

- ✓ K – NGSS: K-LS1-1; CCSS ELA: W.K.8; SL.K.1, K.3, K.4, K.5; L.K.1, K.2
- ✓ 1 – NGSS: 1-LS1-1; CCSS ELA: W.1.8; SL.1.1, 1.3, 1.4, 1.5, 1.6; L.1.1, 1.2
- ✓ 2 – NGSS: 2-LS1-1; CCSS ELA: W.2.8; SL.2.1, 2.3, 2.4, 2.6; L.2.1, 2.2

11: Facts on Fat: Learn the connection between healthy fats, unhealthy fats, and your heart.

- ✓ K – NHES: HE 1.2.8, 2.2.2; CCSS ELA: RF.K.2, L.K.2; CCSS Math: K.G.B.6
- ✓ 1 – NHES: HE 1.2.8, 2.2.2; CCSS ELA: RF.1.2, L.1.2; CCSS Math: 1.NBT.B.3
- ✓ 2 – NHES: HE 1.2.8, 2.2.2; CCSS ELA: RF.2.4, L.2.2; CCSS Math: 2.NBT.A.4

12: Fruits & Flowers We Eat: Explore edible fruits and flowers in your school's garden.

- ✓ K – NGSS: K-LS1-1; CCSS ELA: W.K.8; SL.K.1, K.3, K.4, K.5; L.K.1, K.2
- ✓ 1 – NGSS: 1-LS1-1; CCSS ELA: W.1.8; SL.1.1, 1.3, 1.4, 1.5, 1.6; L.1.1, 1.2
- ✓ 2 – NGSS: 2-LS1-1; CCSS ELA: W.2.8; SL.2.1, 2.3, 2.4, 2.6; L.2.1, 2.2

13: Fruits and Vegetables: Learn the importance and health benefits of eating fruits and vegetables.

- ✓ K – NHES: HE 1.2.2, 1.2.3, 2.2.3; CCSS ELA: RF.K.2, L.K.2; CCSS Math: K.G.B.6
- ✓ 1 – NHES: HE 1.2.2, 1.2.3, 2.2.3; CCSS ELA: RF.1.2, L.1.2; CCSS Math: 1.NBT.B.3
- ✓ 2 – NHES: HE 1.2.2, 1.2.3, 2.2.3; CCSS ELA: RF.2.4, L.2.2; CCSS Math: 2.NBT.A.4

14: Plants We Eat: Identify the six plant parts in your school's garden.

- ✓ K – NGSS: K-LS1-1; CCSS ELA: W.K.8; SL.K.1, K.3, K.4, K.5; L.K.1, K.2
- ✓ 1 – NGSS: 1-LS1-1; CCSS ELA: W.1.8; SL.1.1, 1.3, 1.4, 1.5, 1.6; L.1.1, 1.2
- ✓ 2 – NGSS: 2-LS1-1; CCSS ELA: W.2.8; SL.2.1, 2.3, 2.4, 2.6; L.2.1, 2.2

15: Make It Count: Review and reflect on what you've have learned in Garden Bites.

- ✓ K – NHES: HE 1.2.1, 1.2.9, 2.2.3; CCSS ELA: RF.K.2, L.K.2; CCSS Math: K.G.B.6
- ✓ 1 – NHES: HE 1.2.1, 1.2.9, 2.2.3; CCSS ELA: RF.1.2, L.1.2; CCSS Math: 1.NBT.B.3
- ✓ 2 – NHES: HE 1.2.1, 1.2.9, 2.2.3; CCSS ELA: RF.2.4, L.2.2; CCSS Math: 2.NBT.A.4