



# GARDEN BITES OVERVIEW

Garden Bites, our nutrition and health curriculum for Learning Garden students, co-authored with our partner Common Threads, invites elementary and middle school students to dig in to real food through hands-on nutrition and health lessons.

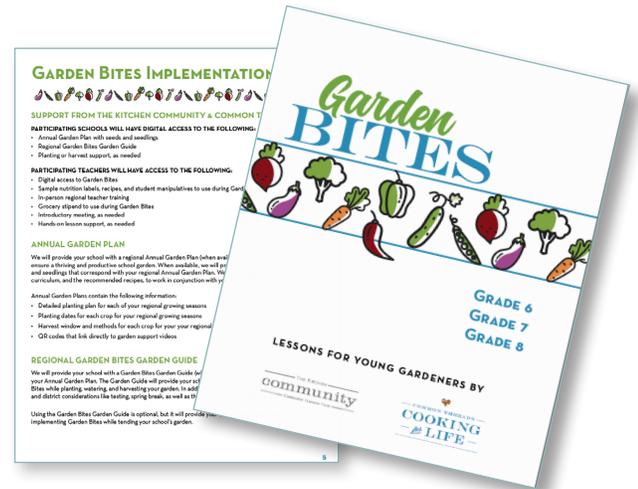
## INTRODUCTION

Garden Bites is Big Green's unique curriculum offering premier nutrition and cooking education lessons that are taught by classroom teachers. Garden Bites teaches students where healthy food comes from and helps them understand how to prepare it through a variety of healthy recipes. Students are encouraged to explore and consume real food, and taught to recognize the difference between healthy food and junk food.

## HOW IT WORKS

Garden Bites enhances and deepens students' knowledge of nutrition and health concepts by pairing nutrition and garden lessons. It includes 15 lessons for K-8 graders that align with National Health Education Standards, Common Core State Standards, and Next Generation Health Standards and can be offered at any time during the school year.

Participating elementary and middle school teachers will use the Garden Bites curriculum in both their classroom and their school's Learning Garden. The curriculum includes nutrition lessons and classroom cooking activities that utilize produce from the Learning Garden, and invites students to set goals for their own personal health.



## BIG GREEN PROVIDES

- Curriculum: 15 standards-aligned lessons
- In-person teacher training
- Grocery stipend, \$3 per student
- Access to Big Green's Garden Educators for garden skills and curriculum support

## YOUR SCHOOL PROVIDES

- Educators to teach Garden Bites
- A productive, thriving Learning Garden
- Basic cooking equipment
- Students to participate in the program

## BIG GREEN PARTNER: Common Threads

Big Green is proud to partner with Common Threads to offer this exciting curriculum! Common Threads is regarded as an industry leader in nutrition and health education and curriculum development. Their mission is to prevent childhood obesity and reverse the trend of generations of non-cookers, while celebrating cultural differences and the things that people all over the world have in common.

