

GARDEN BITES

A partnership between Common Threads and Big Green

Program Menu 3rd through 5th Grades

The Garden Bites curriculum consists of 15 lessons. There are seven **garden-focused** lessons that are 60 minutes and include time in your school's garden. There are eight **nutrition-focused** lessons that are 60 minutes and include classroom cooking. During each garden-focused lesson, teachers will be prompted to spend time **harvesting** with their students in preparation for the classroom cooking portion of the nutrition-focused lessons. Harvesting should take approximately 30 minutes and produce should be cleaned and safely stored.

Lesson Number and Title	Lesson Duration	Lesson Activities	Recommended Recipe
Lesson 1: Making Observations	60 minutes	KWL chart and garden observations	No classroom cooking
Harvest: (30 minutes) parsley, dill, green onions, fresh herbs, popcorn, and dippable garden crops			
Lesson 2: The Chef's Plate	60 minutes	Read <i>Chef's Plate</i> ; Make recipe; Additional worksheets for grades 4-5	Ranch Dressing Mix
Lesson 3: The Nutrition Label	60 minutes	Read <i>Nutrition Label</i> ; Make recipe; Worksheet for grade 5	Lemon Parmesan Popcorn
Lesson 4: Seeds We Eat	60 minutes	KWL chart and garden observations; Read <i>Seeds</i> ; <i>The Lifecycle of a Plant</i> worksheet	No classroom cooking
Harvest: (30 minutes) kale, parsley			
Lesson 5: Protein and Physical Activity	60 minutes	Read <i>Protein</i> ; Make recipe; Nutrition Label activity (varies by grade)	Chickpea Kale Salad
Lesson 6: Roots We Eat	60 minutes	KWL chart and garden observations; Read <i>Roots</i> ; <i>The Lifecycle of a Plant</i> worksheet	No classroom cooking
Harvest: (30 minutes) garden toppings for cracker snacks			
Lesson 7: Whole Grain Goodness	60 minutes	Read <i>Whole Grains</i> ; Whole Grain activity (varies by grade); Make recipe	Cracker Snacks
Lesson 8: Stems We Eat	60 minutes	KWL chart and garden observations; Read <i>Stems</i> ; <i>The Lifecycle of a Plant</i> worksheet	No classroom cooking
Harvest: (30 minutes) seasonal produce and seasonal herbs			
Lesson 9: Healthy Hydration	60 minutes	Read <i>Hydration</i> ; Make recipe; Sugar Station Demonstration and worksheet	Infused Water
Lesson 10: Leaves We Eat	60 minutes	KWL chart and garden observations; Read <i>Leaves</i> ; <i>The Lifecycle of a Plant</i> worksheet	No classroom cooking
Harvest: (30 minutes) fresh herbs, salad base, and salad add-on ingredients			
Lesson 11: Facts on Fat	60 minutes	Read <i>Fats</i> ; Make recipe; Fat activity (varies by grade)	Create-a-Salad Dressing & Build-a-Salad
Lesson 12: Flowers & Fruits We Eat	60 minutes	KWL and garden observations; Read <i>Fruits & Flowers</i> ; <i>The Lifecycle of a Plant</i> worksheet	No classroom cooking

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Harvest: (30 minutes) beets, parsley, thyme			
Lesson 13: Fruits & Veggies	60 minutes	Read <i>Fruits & Veggies</i> ; Make recipe; Fruits and Vegetable Memory activity (varies by grade)	Beet Ravioli
Lesson 14: I Can Eat a Whole Plant	60 minutes	<i>Edible Plant Parts</i> and <i>Plant Parts Sandwich</i> worksheets	No classroom cooking
Harvest: (30 minutes) various plant parts for plant parts sandwich			
Lesson 15: Make it Happen	60 minutes	Read <i>Make it Count</i> ; Make recipe; Additional worksheets for grades 4-5	Plant Parts Sandwich