Food Education: From Dirt to Desk to Dining Room

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Education Outside
why
Public schools hold tremendous potential as fertile habitats for cultivating children’s interest in science and curiosity about their local environment.

One of the key learning environments, the garden, is used as a classroom to connect students with the natural world and the true source of their food.

Cafeterias are also classrooms!
Food Education . . .

- Establishes healthy habits
- Supports menu changes
- Reduces food waste
- Improves food systems knowledge
- Impacts whole families
- Fosters a generation of informed eaters
barrels of oil to make one automobile
10 FACTS about asparagus

1. Asparagus is a perennial plant that can grow for years with proper care and maintenance. It can be grown in a garden or in a greenhouse. Asparagus has a distinctive appearance, with long, green shoots that emerge from the soil.

2. Asparagus is a nutritious vegetable that is low in calories and high in fiber. It is also a good source of vitamins A, C, and K, as well as iron and potassium.

3. Asparagus is a popular ingredient in many recipes, including dishes such as asparagus soup, asparagus salad, and asparagus fries.

4. Asparagus is a versatile vegetable that can be cooked in a variety of ways, including steaming, boiling, roasting, and grilling.

5. Asparagus is a good source of fructans, which are a type of dietary fiber that can help to improve digestive health.

6. Asparagus is a good source of antioxidants, which can help to protect the body from damage caused by free radicals.

7. Asparagus is a good source of vitamins, including vitamins A, C, and K, as well as folate, riboflavin, and niacin.

8. Asparagus is a good source of minerals, including iron, magnesium, and zinc.

9. Asparagus is a good source of protein, which is important for maintaining healthy muscles and bones.

10. Asparagus is a good source of fiber, which can help to promote healthy digestion and prevent constipation.

10 FACTS about radishes

1. Radishes are a root vegetable that is rich in nutrients. They are low in calories and high in fiber, and are also a good source of vitamins C and K.

2. Radishes can be eaten raw, or cooked in a variety of ways, including steaming, boiling, roasting, and grilling.

3. Radishes are a good source of antioxidants, which can help to protect the body from damage caused by free radicals.

4. Radishes are a good source of vitamins, including vitamins C and K, as well as folate, riboflavin, and niacin.

5. Radishes are a good source of minerals, including iron, magnesium, and zinc.

6. Radishes are a good source of protein, which is important for maintaining healthy muscles and bones.

7. Radishes are a good source of fiber, which can help to promote healthy digestion and prevent constipation.

8. Radishes are a good source of water, which is important for maintaining healthy skin and hair.

9. Radishes are a good source of vitamins, including vitamins C and K, as well as folate, riboflavin, and niacin.

10. Radishes are a good source of minerals, including iron, magnesium, and zinc.

10 FUN FACTS about beans

1. Beans are a versatile ingredient that can be used in a variety of dishes, including soups, stews, and stir-fries.

2. Beans are a good source of protein, which is important for maintaining healthy muscles and bones.

3. Beans are a good source of fiber, which can help to promote healthy digestion and prevent constipation.

4. Beans are a good source of minerals, including iron, magnesium, and zinc.

5. Beans are a good source of vitamins, including vitamins C and K, as well as folate, riboflavin, and niacin.

6. Beans are a good source of antioxidants, which can help to protect the body from damage caused by free radicals.

7. Beans are a good source of water, which is important for maintaining healthy skin and hair.

8. Beans are a good source of energy, which can help to keep you feeling full and satisfied.

9. Beans are a good source of fat, which is important for maintaining healthy skin and hair.

10. Beans are a good source of carbohydrates, which provide energy for the body.

10 FUN FACTS about winter squash

1. Winter squash is a hardy vegetable that can be grown in a variety of climates. It is a good source of nutrients, including vitamins A and C, as well as fiber and minerals.

2. Winter squash is a good source of antioxidants, which can help to protect the body from damage caused by free radicals.

3. Winter squash is a good source of vitamins, including vitamins A and C, as well as folate, riboflavin, and niacin.

4. Winter squash is a good source of minerals, including iron, magnesium, and zinc.

5. Winter squash is a good source of protein, which is important for maintaining healthy muscles and bones.

6. Winter squash is a good source of fiber, which can help to promote healthy digestion and prevent constipation.

7. Winter squash is a good source of water, which is important for maintaining healthy skin and hair.

8. Winter squash is a good source of energy, which can help to keep you feeling full and satisfied.

9. Winter squash is a good source of fat, which is important for maintaining healthy skin and hair.

10. Winter squash is a good source of carbohydrates, which provide energy for the body.
ABUNDANT CALIFORNIA

NOURISHING STUDENTS: ENRICHMENT ACTIVITIES FOR GRADES K-5

OVERVIEW

These fun, flexible, cross-curricular enrichment activities help children learn how fruits and vegetables grow, how they get from the field to the plate, and what makes each unique. Through observations, games, and movement, children also build skills in critical thinking, listening, memory, and concentration.
try
Pick Cherry Tomatoes

Students will explore the following questions:

- How does a seed become a tomato?
- What helps or inhibits seed growth?

Discover different tomato varieties
Learn about saving seeds
Enjoy the taste of a cherry tomato
ABOUT CHERRY TOMATOES

Cherry tomatoes are miniature tomatoes and grow in clusters on a vine. They come in a rainbow of colors. California is one of the biggest growers of cherry tomatoes in the United States.
apply
Did you notice anything about the pattern we presented in?

What context do you work in?

What is your main objective?

How would you adapt this lesson?

How might you introduce lessons on food systems or healthy eating?
Resources

Nourishing Students Guide -
https://www.ecoliteracy.org/download/nourishing-students-enrichment-activities-grades-k-5

Nourishing Students Posters -
https://www.ecoliteracy.org/download/nourishing-students-posters

Importance of Nutrition Education -
https://www.ecoliteracy.org/article/importance-nutrition-education-and-why-it-key-educational-success

Abundant California Binders - visit the registration table to get a copy!