

THE EDIBLE GARDEN

DR. KAMMIE RICHTER

SUPPLIES:

1. PLASTIC CONTAINER OR PAPER PLATE TO CONTAIN THE GARDEN
2. ONE LARGE BAGGIE OF NATURAL AGRICULTURAL FOODS INCLUDING SUCH ITEMS AS:
 - BROWN OR WHITE RICE/YELLOW OR WHITE CORN MEAL/POPCORN FOR THE BASE
 - A VARIETY OF NUTS
 - A VARIETY OF BEANS
 - A VARIETY OF DRIED FRUITS
 - A VARIETY OF POPCORN
3. A SMALLER BAGGIE CONTAINING A VARIETY OF PROCESSED FOODS INCLUDING SUCH ITEMS AS:
 - SALTED PRETZEL STICKS
 - MARSHMELLOWS
 - CANDY
 - CEREAL
 - DRIED PASTA

DIRECTIONS:

1. PASS OUT A CONTAINER OR A PAPER PLATE ALONG WITH THE LARGE AND SMALL BAGGIES FILLED WITH FOOD.
2. PLACE THE CONTENTS OF THE FIRST BAGGIE CONTAINING NATURAL AGRICULTURAL PRODUCTS IN THE PLASTIC CONTAINER OR ON THE PAPER PLATE.
3. DISCUSS THE MEANING OF A DRY LANDSCAPE, OR ZEN GARDEN, USING PHOTOS FROM THE INTERNET OR BOOKS.
4. ARRANGE THE ITEMS FROM THE FIRST BAGGIE IN A PLEASING ARRANGEMENT AS ONE WOULD FOR A DRY LANDSCAPE GARDEN. USE THE PRETZEL STICKS AS A RAKE TO CREATE LINES IN THE RICE OR CORN MEAL.
5. DISCUSS HOW THE FOODS WERE GROWN (CLIMATE, COUNTRY, STATE, ABOVE OR BELOW THE GROUND, PLANTING AND HARVESTING), COMPARE AND CONTRAST THE NUTRITIONAL VALUE OF THE FOODS IN TERMS OF VITAMINS AND MINERALS, AND DETERMINE THE AMOUNT OF FATS, PROTEINS, AND CARBOHYDRATES.
6. ADD THE CONTENTS OF THE SECOND BAGGIE TO THE GARDEN. DISCUSS HOW PROCESSED FOODS CONTAIN ADDITIONAL INGREDIENTS SUCH AS SWEETNERS, AND SODIUM.
7. USE *THE NUTRIBASE COMPLETE BOOK OF FOOD COUNTS* TO CREATE A LESSON FOR STUDENTS BASED ON GRADE LEVEL USING ITEMS FROM THIS EDIBLE GARDEN AND SEASONAL FRESH PRODUCE. SEE SECOND HANDOUT FOR SUBJECT AND SUGGESTED LESSON PLAN IDEAS FOR PRIMARY, INTERMEDIATE, AND SECONDARY GRADE LEVELS.

THE EDIBLE GARDEN		Dr. Kammie Richter	
	primary	intermediate	SECONDARY
SUBJECT:			
HEALTH & SCIENCE	GROWTH CALORIES ENERGY	SERVING SIZE WEIGHT AND HEIGHT SATURATED FATS METABOLISM	VITAMINS MINERALS MACRO NUTRIENTS (carbs, fats, proteins) MICRO NUTRIENTS (Vitamins, minerals, water)
MATH	PORTION SIZE number of servings per day	DAILY FOOD VALUES budgeting comparison shopping measure grams calories spent per activity	compare & contrast food labels for NUTRIENT PERCENTS ECONOMICs MARKETS FUTURES TRADING cost per acre
ART	FOOD POSTERS draw the inside of cut fresh fruits or vegetables	create a home garden or school garden on paper and then plant STAMP WITH raw food	LANDSCAPING AERIAL VIEW OF FARMS FOOD PRESENTATION
LANGUAGE ARTS	describe the food pyramid	LABELING LIFESTYLE CHANGES SPEECHES	CAREER SHADOWING CONDUCT INTERVIEWS invite speakers
HISTORY	List the changes in the food pyramid	FOOD PRODUCTION SMALL & LARGE FARMS discuss reasons for change in the food pyramid	EVOLUTION OF FARMING FEEDING THE WORLD CULTURE AND FOOD ORGANIC FARMING

