

Growing Healthy Habits

4th grade Family Nutrition and Education Program



SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION

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GROWING HEALTHY HABITS OBJECTIVES

WEEK 1: What's So Great about Gardening?"

- Explain to students that they are going to discuss the importance of nutrition and healthy eating.
- Explain that it is important to learn healthy eating patterns when we are young. When we limit eating too much saturated/Trans fats, added sugars, and sodium it can reduce health problems later in life. If we eat poorly all of our lives, it is hard to change our habits when we develop health problems. If we eat healthy all of our lives, we will be less likely to get sick when we are older.
- Eating a variety of fruits and vegetables every day is a step toward better health that everyone should take. Eating more fruits and vegetables are associated

WEEK 2: The Food System

- Even though it is sometimes hard to tell, all food comes from farms or nature.
- Getting food from the ground to our stomachs may require many steps.
- The different steps food takes from where it is grown to when it is eaten affect its taste and nutrition.
- Gardening helps us understand where our food comes from which can help us make healthy food choices

WEEK 3: Garden Survivor

- Fresh fruits and vegetables are an important part of a healthy eating pattern.
- The color of fruits and vegetables is often related to the vitamins they contain.
- Eating a colorful variety of fruits and vegetables ensures that we get a variety of nutrients in our diets.
- Gardening can provide us with a variety of different fruits and vegetables of every color

WEEK 4: Seed Magic

- Students will learn that: Seeds are one way that plants reproduce. Seeds contain energy and nutrition to help baby plants grow, and people get energy and nutrition when they eat seeds. There are three parts to a seed, the seed coat, the embryo, and the cotyledon or "backpack" for stored energy.
- Students will dissect a bean to observe the parts of the seed that allow it to germinate, or start growing.
- Explain that gardeners need to understand how seeds start to grow and what they need to do in order to help seeds start growing. Discuss what plants use seeds for. Explain that a seed actually contains a tiny plant inside of it. When a seed sprouts, the new plant is called a seedling.

WEEK 5: Healthy Harvest

- Kids will learn when to harvest a variety of fruits and Vegetables.
- Kids will learn how to pick out fruits and vegetables in the grocery store and estimate how much they will cost.
- Kids will learn Vegetables picked too late can be tough, mushy and rotten. Vegetables picked too early lack flavor or taste unripe.
- Growing vegetables in the garden is a great way for families to get fresh, delicious, and nutritious produce.

EACH WEEK Journal Writing, Physical Activity, and Group Discussion

- Students will reflect on the material discussed via writing in their nutrition folders each week.
- At the end of the series, students will write several paragraphs on what they've learned throughout the 5 weeks series and give examples of changes they have made to be healthier.
- Every lesson will include an activity with group discussion to build upon and reinforce the content of the lesson.
- Each lesson will have a physical activity/brain booster component.

Common Core State Standards Alignment:

Writing Standards

#4 (Production and Distribution of Writing)—Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

Speaking and Listening Standards

#1 (Comprehension and Collaboration)—Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.

Health and Fitness

GLE 1.1.1 Applies locomotor, non-locomotor, manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact WSU Clark County Extension, at 1919 NE 78th St. Vancouver, WA 98665 or call 360-397-6060. This institution is an equal opportunity provider and employer. This material was created in part by the University of Maryland Extension.