Growing Healthy Kids
Garden-Enhanced Nutrition Education

Version 5.0
Revised January 2017

A researched-based, hands-on and learner-centered curriculum for children in 2nd and 3rd grade with storybooks, coloring sheets, physical activities, journaling and gardening activities. Each of the seven lessons include options for an outdoor, indoor or mural garden.

Online at:
extension.oregonstate.edu/nep/garden_nutrition

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For the parents, teachers, volunteers and friends who help grow a new crop of gardeners. Thank you for sharing your knowledge and enthusiasm.

In remembrance of Linda Lee “Sunny” Hunt
(August 25, 1953 to January 10, 2011)
whose legacy lives on in this curriculum and in community gardens throughout Clatsop County, Oregon.
Acknowledgements

This curriculum began as a collaboration between Nutrition Education and Home Horticulture Extension faculty at Oregon State University, who together comprised the Garden Enhanced Nutrition Education (GENE) workgroup. GENE workgroup members included:

- Dana Baxter (Former Instructor, Family and Community Health, Oregon State University Extension Lane County)
- Anne Hoisington (Associate Professor of Practice, College of Public Health and Human Sciences)
- Sunny Hunt (deceased, formerly Community Development Director, Family and Community Health, Oregon State University Extension Clatsop County)
- Gail Langellotto (Statewide Coordinator, Oregon State University Extension Master Gardener Program)
- Tracy Martz (formerly 4-H Youth Program Agent, Douglas County Extension)
- Weston Miller (Coordinator, Oregon State University Extension Metro Master Gardener Program)
- Maureen Quinn (Faculty, Family and Community Health, Oregon State University Extension Washington County)
- Lauren Tobey (Statewide Coordinator, Oregon State University Extension Nutrition Education Program).

Team members worked together to develop lesson concepts, write and revise lessons, locate and collate supporting materials and pilot test lessons in schools.

In addition to the GENE workgroup, several individuals were crucial to the creation of this curriculum. Laura LaMotte created the graphic art and layout used throughout this curriculum. Laura also offered endless advice and ideas for how lesson elements might be visually interpreted. Tina Dodge Vera, Barbara Brody, Iris Carrasco, Jaime Fitch, Ashley Joyce, Kailin Greene and Sally Schulte shared lesson options, recipes and ideas that greatly enriched this curriculum. Oregon State University Extension faculty Dana Baxter, Maureen Quinn, Anne Hoisington, Melinda Manore, Jaime Fitch, Ashley Joyce, Elaine Schrumpf, Christine Mouzong and Laura Bonazzoli provided critical reviews of various versions of the curriculum.

Washington State University’s CHANGE curriculum served as the foundation for many of the lessons included in the Growing Healthy Kids curriculum.

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