

Our Super Garden®

Additional Resources

Here are additional resources you may find useful when teaching children how to make healthy choices by eating what they grow.

Books

Connie Evers, MS, RD, LD. How to Teach Nutrition to Kids. 3rd edition. (2006) 24 Carrot Press.

Connie Evers, MS, RD, LD. Nutrition Fun with Brocc & Roll. (2007) 24 Carrot Press.

Shelley S. Genzer, Randy Seagraves, Lisa Whittlesey. Health and Nutrition from the Garden. Junior Master Gardener Golden Ray Series. (2007) Texas A&M University.

Websites

Fruit and Veggies Matter, Center for Disease Control & Prevention
www.fruitsandveggiesmatter.gov

My Food Pyramid, United States Department of Agriculture
www.mypyramid.gov

Nutrition for Kids
Books, handouts and other resources
www.nutritionforkids.com

Programs

Days of Taste

Days of Taste® activities bring chefs and farmers into fourth and fifth grade classrooms to teach students in an engaging way about the importance of fresh food and how ingredients weave their way through daily life, from farm to table.

www.aiwf.org/site/days-of-taste.html

Farm to School

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.

www.farmtoschool.org

Feed to Succeed

Personalized and group nutrition services for children and adults.

www.feedtosucceed.com