

TEXAS STATEWIDE FARM FRESH INITIATIVE

Planting *the Seeds for* Student Achievement
while Supporting Texas Farmers *and* Ranchers



BENEFITS OF GARDEN BASED LEARNING

- Texas schools are leaders in teaching students the importance of the 3E's of Healthy Living — Education, Exercise and Eating Right.
- Farm to school activities provide a solid foundation for establishing life-long healthy habits, promoting student health and strengthening local economies.
- Texas schools can access Texas Department of Agriculture support and resources to establish farm to school activities — incorporating local foods into school meals, educating students about local food and supporting garden-based learning.

For additional information, visit
www.SquareMeals.org/FarmtoSchool.



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Sowing the Seeds That Make Your Garden Bloom!

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BENEFITS OF GARDEN BASED LEARNING

- Creates a positive learning environment for teachers and students
- Engages students in educational settings
- Enhances student understanding of lesson materials
- Develops a sense of ownership and responsibility among students
- Facilitates exploration of the natural world, fostering ecological literacy
- Heightens student awareness and acceptance of fruits and vegetables

Texas educators committed to using a school garden as an outdoor classroom can help energize students' learning, while providing a multi-sensory experience.

Gardens may include herbs, fruits and vegetables or flowering plants to attract butterflies. Sensory gardens offer a beautiful way to provide individual and combined sensory opportunities that students may not otherwise experience.



SAMPLE GARDEN ACTIVITIES FOR CURRICULUM AREAS

MATH

Measuring the distance between seeds during the planting process and tracking the change in distance as plants grow and mature

SCIENCE

Exploring and mapping the decomposition process with compost that is used to fertilize garden plants

SOCIAL STUDIES

Discussion about the role of agriculture around the world and what different cultures grow and eat

ENGLISH LANGUAGE ARTS

Writing poetry inspired by the growth of garden plants and activity of animals in and around the garden

FINE ARTS

Students drawing or painting their interpretation of the garden area

Creating a video of gardening experiences

HEALTH EDUCATION

Tasting fruits and vegetables grown in the garden and discussing the nutrient composition and benefits of eating fresh produce



The Texas Department of Agriculture can help schools identify partners, establish a garden plan, locate funding opportunities and network with gardening experts and other schools with a garden program.

