

Kids First Workshops & School Garden Programs

Workshops and resources available through the partnership of the Children's Garden Network and Kids First RI can enhance the educational components of a School Garden Program. The Kids First professional team of chefs, farm-to-school specialists, master gardeners and nutrition educators can design a school-specific workshop or provide curriculum materials to connect the growing of flowers, fruit, herbs, plants, trees and vegetables to creating a healthier school environment.

*School Gardens teach students about a variety of fruits and vegetables and encourage increased student consumption of those types of healthy foods at home and in the cafeteria.

*School Gardens foster student pride in the hands-on development and protection of Rhode Island green space.

*School Gardens actively engage students by putting into practice classroom subjects like science, math, writing and art.

Examples of Kids First Workshops to Enhance School Garden Projects:

Lesson in Farm to School

This student workshop is an Introduction to the Farm to School Program. A Kids First Professional will address a school assembly, a classroom or an after school program on Rhode Island grown foods. Activities might include playing "Are You Smarter Than a Farmer?" - a game show style with a guest farmer leading the game. Students will connect with Rhode Island agriculture by learning about the seasonal, nutritious and fresh fruits and veggies that grow "in their back yard."

The Parts of the Plants We Eat

This student workshop will teach kids about the importance of plants in their lives. Through books, puzzles, worksheets and interactive games, participants will learn about the various parts of plants that we eat as well as the way plants can contribute to our everyday lives - the air we breathe, products in our home derived from plants, clothing we wear made from plants, etc.

Strawberry Extravaganza

This is a student workshop where participants play a strawberry fact bingo game to learn about how these yummy fruits grow and why they are good for us. The workshop also includes a lesson in making healthy and delicious strawberry parfaits.

Parents Learn Nutritious Can Be Delicious and Affordable

A Kids First Chef/Dietitian will engage kids and parents in a workshop titled “Healthy Eating on a Budget,” where participants will learn to create simple, healthy recipes with a focus on seasonally available ingredients and/or types of foods grown in a school garden. This is an interactive workshop with a healthy food demonstration and tasting. Recipe and nutrition education handouts will be distributed.

Teachers Participate in “Wellness”

Kids First Professionals will conduct an interactive wellness workshop for teachers and others involved in the School Garden Program. Wellness Workshops for Teachers help participants improve their own nutrition and food safety habits and increase their daily physical activity, so they can serve as role models for the students they teach. Participants will leave full of ideas to use in the classroom to encourage healthy eating and active living.

For more information on Workshop Programs to enhance your School Garden Program, or to schedule a Kids First Workshop, please contact Kids First at:

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**For more information on School Gardens and the Children’s Garden Network, please visit:
www.childrensgardennetwork.org**