



America's Grow-a-Row Lesson Descriptions

LESSONS ARE BEST SUITED FOR A CLASS SIZE OF 30 OR LESS

HUNGER AWARENESS

Each lesson in this category includes an introduction to America's Grow-a-Row and how to get involved.

New Jersey Health Factors and Outcomes

Age: Elementary - College/Adult (with modifications) Time: 20 - 45 minutes

With the use of picture cards, students discuss or create skits in groups about how to live a healthy lifestyle, beyond the obvious and often financially unattainable diet and exercise. These health factors include income, education, location, occupation, built environment, social support, transportation, and more. Students see how counties rank from healthiest to least healthiest based on the county's potential to be healthy (what health factors are available to their residents) and the actual health of that county.

SNAP Budgeting

Age: Middle and High School Time: 30-45 minutes

For those relying on SNAP (Supplemental Nutrition Assistance Program) it is a challenge to plan healthy meals for an average of \$4.20 per day. Students will then talk about what foods they like to eat and what they think the costs of those foods might be. In pairs students will plan a week's worth of healthy meals spending only \$4.20 per day. In closing we will share our meal plans and discuss.

Gleaning

Age: Elementary- High School (with modifications) Time: 30 minutes

People go hungry while there is yet excess in our food supply, from farm to market and restaurant. Elementary aged students will be introduced to the terms *food insecure* and *gleaning*. By playing charades students will explore and discuss the different reasons that farms may have excess food. Older students will explore these same issues and challenges through statistics, discussion, and writing.

NUTRITION

Blind Taste Testing

Age: Pre-School to High School Time: 20-30 minutes

By covering their eyes or wearing blindfolds, children are (re)introduced in a fun interactive way to fruits and vegetables through their other senses: feeling, smelling, and tasting. They guess what it is, see the seeds, pictures of the plant, how it grew (root, vine, plant/bush, or tree) and where! As part of wrapping up, they can create their own healthy snack combination and/or continue with other Eat Your Rainbow lessons below. (Potential cost to cover food)

Food Around the World

Age: Middle and High School Time: 20 minutes

To help students think about nutrition and resources we look at and discuss pictures of families from around the world next to their food for a week, comparing it to our own food, and drawing conclusion about health. May be an entry point into many other lessons.

Healthy Eating on a Budget

Age: College/Adults Time: 30 minutes

A power-point presentation that presents and engages discussion around tips for eating healthy on a budget.

Presentations are free of charge, but donations are welcome and tax exempt.

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Nutrition Label Reading

Age: Jr. High - High School

Time: 20-30 minutes (more with extensions)

Students will discover that what is advertised on the packaging of food can often be misleading to what appears on the Nutrition Facts label. By looking at a range of products, students calculate the total fat, calories, sugar, sodium, fiber, vitamins and more. They can discuss how much more they can eat that week or brainstorm alternatives in order to eat within the age appropriate daily recommendations. Extensions include a healthy snack, making a healthy or “truth” advertisement, or measuring the less healthy ingredients with salt, sugar, and vegetable shortening.

- **Match the Sugar** (Elementary through High School)

This lesson gives elementary students an introduction to label reading by looking at sugar in beverages (the source of extra empty calories for many people in our nation). Match or measure the amount of sugar in popular beverages and consider alternatives that will hydrate and provide a healthy sweetness! Extensions include video clips of advertisements and creating their own healthy or “truth” advertisement.

Eat Your Rainbow

Time: 20 minutes each

A series of active lessons for pre-schoolers to high school students that introduce various fruits and vegetables and the benefits of eating all of the colors of the rainbow.

- **Giant Produce Bingo** - This game gives students a chance to learn about nutrition while being a human bingo chip in our giant bingo floor game. The youngest students will learn the names and benefits of a variety of fruits and vegetables while older students will be challenged to learn and remember the nutritional benefits, recipes, and agriculture facts learned while playing “Who am I?”
- **Sort the Produce Relay or Hot Potato** - Pre-Schoolers and younger elementary students can get up and moving while sorting pictures of produce, via a relay race or a game of hot potato, into the appropriate colored bag. Show and tell by talking about the produce they put in their bag. Create their own rainbow combination plate and have a healthy snack.
- **Catch** - A kinesthetic game that reinforces the rainbow selection of fruits and vegetables using small colored balls. Students will toss the ball, and respond by shouting out a fruit or vegetable that is the same color as the ball. The youngest students will switch colors when they run out of ideas, while older students will play a livelier version with time limits, player outs, and ultimately a winning student.
- **Who Am I?** This game gives students a chance to stretch their legs, challenge their brains, and talk to each other as they determine “Who am I?” With a picture of a fruit or vegetable taped to each person’s back, students walk around the room asking questions to determine what produce is on his or her back. Younger children will play with familiar fruits and vegetables, while older children will have a wider variety of produce and a sheet of details about each produce item.
- **Woah, Slow, Go** - A Red Light, (Yellow Light), Green Light approach of foods to eat, frequently to occasionally.
- **“Celebrity” (Produce Edition)** – Guess the produce through descriptions, charades, and one word clues!

AGRICULTURE

Grow-Your-Row

This class mainly focuses on container and raised bed gardening for our Free Farm Market recipients who have access to small balconies, limited yard space, or local garden city plots. Participants are taught how to prepare, plant, maintain and harvest various vegetable and herb crops that are feasible for container/raised bed gardening. The goal is to encourage growing a bit at time so they can gather an appreciation for fresh vegetables, share their bounty with friends and neighbors and develop healthier eating habits.

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