



NuKids Program Lesson Outline

The NuKids program is comprised of five, one-hour lessons, with a lesson occurring every other week throughout the scheduled time period.

During the course of these five lessons, students will be:

1. Practicing how to be polite and adventurous Taste Testers as they try new fruits and veggies
2. Learn about the power fruits and veggies to make our bodies happy, healthy and strong
3. Discovering what healthy plants need to grow by planting, growing and taking care of plants.
4. Exploring plant parts, functions and families.
5. Introduced to local agriculture, who grows our food, and how it gets to our dinner tables.

Lesson One: Introduction to Vegetables, Gardening and Agriculture

Introduce fruits and vegetables (how produce helps people grow and stay strong); Use five senses to try new foods with an open mind. Use descriptive adjectives to describe produce

Lesson Two: What Plants Need to Survive

Establish an understanding of plants and what they need to survive; Set-up "seedling race" (in-classroom experiment); Discuss plant parts and functions; what make up a healthy soil & nutrients

Lesson Three: Planting & Creating a Garden

Establish an understanding of what it takes to grow healthy plants and food by using "seedling race" observations; Plant an indoor classroom garden, review plant care steps

Lesson Four: Where Food Comes From

Establish an understanding of the food we eat and where food comes from (Who grows it and how does food get to the grocery store or farmer market?); Taste different parts of plants (seeds, roots, stems, leaves and flowers/fruit) while reviewing plant part functions

Lesson Five: Healthy Foods, Healthy Bodies

Celebrate the 'fruits' of the garden; Learn about the power of food; Discuss color of food and significance (orange, red, purple, dark green, light green); Learn the role of certain plants in keeping specific parts of the body healthy and strong; Review "My Plate" food categories and portions and design their own healthy meal

Teacher Guides: Teachers will receive a NuKids Educator Handbook complete with lesson plans, classroom expectations and a program overview.

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