

**JEFFERSON PARISH 4-H
PRESENTS:
NUTRITION FROM THE GARDEN**



Nutrition from the Garden is an educational program presented by the LSU AgCenter and Jefferson Parish 4-H Clubs for youth in 4th-6th grades.

The Nutrition from the Garden curriculum consists of seven hands-on lessons using the dietary and nutritional guidelines from the USDA. This curriculum was pilot tested by Louisiana 4-H Youth Development using Common Measures and Lesson Study models of evaluation. It incorporates "Learn, Grow, Eat and Go" Junior Master Gardener training from Texas A&M Agrilife.

Elementary schools, homeschool groups, after school programs, community clubs and existing school garden clubs are encouraged to participate in this exciting opportunity!

Lessons

1. **Plant Parts We Eat** – Participants will identify all the edible plant parts from a variety of crops.
2. **Nutrients to Grow** – Participants will develop an understanding of the different plant-based foods containing nutrients that meet the specific needs of our bodies.
3. **MyPlate 1** - Participants will learn about the five food groups and the MyPlate nutritional model.
4. **MyPlate 2** – Participants will practice MyPlate guidelines and evaluate a sample menu.
5. **Kitchen Cotton Conversion** – Participants will build models to represent appropriate portion size of foods from all five food groups.
6. **GO, SLOW, WHOA**– Participants will classify foods into groups and describe their importance.
7. **Greasy Grid** – Participants will analyze, observe, collect and compare data to explain the positive and negative effects of food choices.

Louisiana Student Standards Met

Health-

1-E-2.1.-.4; 1-E-4.2; 3-E-2.2 &.3; 5-E-1.1-3; 7-E-1.1-.2; 7-E-2.1-.2

P.E. -

3.4-1.3

Program Delivery Modes

Nutrition from the Garden lessons can be implemented in in the following ways:

- 4-H Agent lead lessons on site
 - 4-H Agent leads live video series
 - Trained 4-H Leader lead lessons with provided materials
- *Annual 4-H member dues may be required

Program Logic Model

Inputs:

- Research based curriculum
- Program materials and equipment
- 4-H staff time and skills

Outputs:

- Volunteer training provided by LSU AgCenter
- 4-H member meetings with hands on activities and experiments
- Student reflections and program evaluation
- Recognition of 4-H members, 4-H leaders and schools

Outcomes:

- Students understand nutrition and its effects on the body
- Participants make informed food choices and take ownership of their health
- Youth correlate concepts to academic and personal life
- Shares information about food choices with family
- Healthier school and community

Student Reflections

“Potato chips are a WHOA food unless they’re baked. Baked chips are a SLOW food.”

“Food labels tell you what’s in the food.”

“I need to eat more GO foods.”

“Nutrients help plants and people grow.”

“We eat 6 parts of a plant.”

“I need to follow the serving size on chips.”

“I can try to add more GO foods to my diet.”

“You can make a salad with lettuce or spinach.”

REGISTER TODAY

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