



Farm to Preschool: Curriculum

Stacey Sobell Williams, MPH

**Farm to School Coordinator, Ecotrust
Portland, Oregon**

Western Lead Agency, National Farm to School Network



Early Sprouts

www.earllysprouts.org



Welcome to the Early Sprouts Gardening Project

Gardening and Nutrition Experiences
for the Young Child

- [Overview](#)
- Project Background
 - [Obesity](#)
 - [Dietary habits of young children](#)
- [The 24-Week Curriculum](#)
 - [Getting Started](#)
 - [Sensory Exploration](#)
 - [Cooking in the Classroom](#)
 - [Family Recipe Kit](#)
 - [Sample Recipes](#)
- [Role of the Family](#)
- [Role of the Educator](#)
 - [Guidelines](#)
- Participant Quotes
 - [Children](#)
 - [Families](#)
 - [Teachers](#)
- [Contact Information](#)
- [Donor List & Project Sites](#)
- [References](#)

Welcome to the EarlySprouts.org website.

Please use the navigation links to the left to learn more about this exciting project.

Thank you.



[Print page](#)

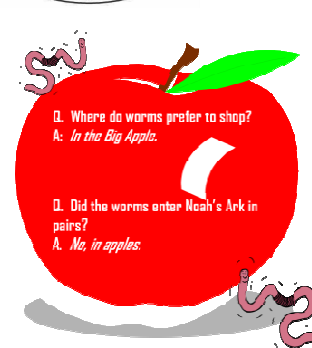
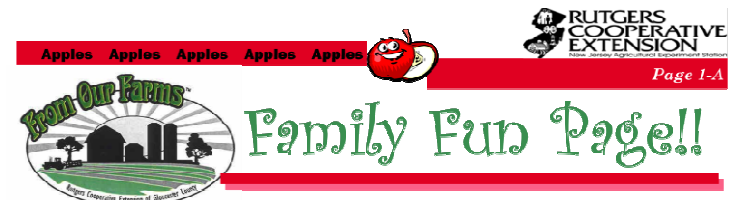


From Our Farms

<http://gloucester.rcre.rutgers.edu/fchs/fromourfarms.html>



From Our Farms™:
Teaching Kids About Food, Nutrition & the Farm



Q. Where do worms prefer to shop?
A. In the Big Apple.

Q. Did the worms enter Noah's Ark in pairs?
A. No, in apples.

Kids in the Kitchen!

Food is important to children, and knowing how to prepare it gives them a sense of pride and accomplishment.

You may be surprised at how many things kids can do in the kitchen!

If you help them follow basic safety rules, they can cut, grind, grate, beat, stir, mash, peel, wash, squeeze, strain, measure, and pour.

They can help you shop and plan menus. And they will be able to follow our simple "Kitchen Korner" recipes.

In the process, kids develop their small muscles and learn a lot about foods, words, numbers, time, safety, and following directions.



Kitchen Korner!

EASY APPLE BAKE

4 apples
Cinnamon (to taste)
1/2 cup sugar
1/2 cup flour
1/2 cup butter, cut into small pieces



- Peel and slice apples into 1/4" slices; spread in shallow baking dish.
- Sprinkle with cinnamon.
- In separate bowl, combine flour and sugar. Mix in butter to form dough.
- Spread dough over top of apples (dough will be thick).
- Bake in 350° F oven for 15-25 minutes.

MAKE IT WITH THE KIDS!

Read Up on Fruit!

Share a story about fruit with your children. Check out these books from the library:

- "Ten Apples Up On Top," by Dr. Seuss
- "From Applesauce to Applesauce," by Hanna Lyons Johnson
- "Oliver's Fruit Salad," by Vivian French

Then, stop by a farm market near you for a visit. You can pick your own fruit or buy fresh-picked produce! Use the "Guide to Gloucester County Farm Products" map to help you find a farm closest to you.



NUTRITION FACT: Cook with your kids! Children who help prepare and cook food are more likely to try new foods.



Growing a Green Generation

<http://horticulture.unh.edu/ggg.html>

**Sustainable Horticulture**
UNIVERSITY of NEW HAMPSHIRE

Contact Us | Site map | Sustainable Horticulture Home

Search UNH

What is NH Horticulture? | Horticulture at UNH | Growing a Green Generation | Related Links |



GROWING A GREEN GENERATION

A curriculum of gardening activities for preschool and kindergarten children

Dot Perkins, Beth Hallett, John Nimmo, Cami Esmel and Lindsay Boyer

Growing a Green Generation is a horticulture curriculum for pre-school to kindergarten age children.

A unique feature of our curriculum is input from both plant professionals and experts in early childhood education. This is a collaboration between the [Department of Plant Biology](#), the [Child Study and Development Center \(CSDC\)](#), and [UNH Cooperative Extension](#) at the University of New Hampshire. We are supported by the [Anna and Raymond Tuttle Environmental Horticulture Fund](#).

The project began in 2000, and has included input from a number of horticulture and education students (Laura Broderick, Tracie Smith, Maria Sorrento, Cami Esmel, and Lindsay Boyer).

The project is currently led by Dorothy Perkins, with input from teachers at the Child Study and Development Center (especially John Nimmo (Director), and Beth Hallett) and Plant Biology professors (Rosanna Freyre and Paul Fisher). John McLean, the manager of horticulture farms and greenhouses, and his staff have provided backup support to keep our garden healthy and beautiful.

Growing a Green Generation is a living curriculum that is constantly being refined. Projects in our curriculum are field-tested by teachers at the summer teaching gardens at the CSDC in Durham. We also thank other sites such as the Child and Family Development Center at the New Hampshire Technical Institute in Concord for providing feedback. We thank [StandUp Gardens, Inc.](#) of New Hampshire for providing container gardens that we use both



Child Study Development Center
22 O' Kane Road
Durham NH 03824
603-862-2835

Tracey Gagnon, Administrative Assistant
tracy.gagnon@unh.edu

Contact Beth Hallett with questions and comments:
Beth.Hallett@unh.edu

To order a book, please [print out our order form \(pdf\)](#).

Growing a Green Generation Conference (pdf)

Conference Speakers (pdf)

Conference Workshop Descriptions (pdf)

 Horticulture for Kids Videos

Take a tour through our garden

Newsletter

Research

Recipes

Introduction



Harvest of the Month

- Follows “HOTM” for K-12 but developed for preschoolers
- Resources for preschool educators to support healthy food choices
- Free
- Book reading and activities (art or math and science) correlated with food of the month
- Components: children’s books, activities, lessons, taste tests, recipes, and parent materials in English and Spanish



http://healthycalifornia.ocde.us/For_Educators/Pre-K.htm



Show Me Nutrition

- Encourages children to try new foods and make healthy choices
- Cost: \$50
- Components: children's books, taste tests, and food experiences, “healthy habits” activity, physical activity, and parent handouts





Healthy Beginnings



- Promotes development of good nutrition and physical activity
- Free
- Components: food experiences, taste tests, nutrition games, physical activities



Eat Well Play Hard: In a Childcare Setting

- NY State Department of Health nutrition program
- Cost: Free
- Ten topics with 5 lessons each (15 min)
- Resources for children and parents
- Components: activities, recipes, parent pages





A few more resources...

- **USDA MyPyramid for Preschoolers (free)**
<http://www.mypyramid.gov/preschoolers/>
- **Eat a Rainbow (Deluxe Kit) (\$44.95)**
<http://www.gardeningwithkids.org/21-5011.html>
- **Food For Thought-Nutrition Across the Curriculum (\$19.95)**
<http://www.cde.ca.gov/re/pn/rc/documents/fftflyer.pdf>
- **UC Davis Cooperative Extension: The Lunch Box series for preschoolers (free)**
<http://www.uwex.edu/ces/wnep/teach/lunchbox.cfm>