

food and drink

Here are ideas and curated resources for further exploration of the “Food and Drink” theme.

These can be integrated into home, school, virtual or core-curriculum-based lesson planning.

They are intended to amplify the themes from the videos, facilitating experiential curriculum customizable to any grade, subject or level.

The learning objectives in the “Food and Drink” series include: to discover how we can grow, make, and eat our own food; to explore how our efforts and activities can produce something real and tangible (and edible!) that sustains our body, empowers us to cultivate, and gives us purpose in creation and self-care; to explore rationale and methods for building and utilizing school gardens.

prompts for further exploration

- How is growing and making food a creative process?
- What meaning is there in growing and making our own food?
- How does food we grow nourish our body?
- How do we feel when we are able to eat food/recipes we help grow and make?
- What are the easiest foods to grow from seeds?
- What foods can we grow indoors?
- What foods can grow just in water, without soil? How does that work?
- What crops are typically grown near you?
- Why do certain foods taste better together?
- How does our culture impact the foods we eat?
- What does it mean to grow food organically? How does that impact our health? How does it impact the health of plants, animals and our whole planet?
- What crops are easiest to grow? Most affordable?
- Why do people say to “eat a rainbow” of foods? Why do the colors of food matter?
- What is it like to eat slowly, noticing how the food tastes with each bite?



Resources for Further Exploration

learn more

WholeHealthED

Compilation of best practice resources for whole health education

learn more

HealthBarnUSA

Garden-to-table programs for families to learn about healthy nutrition from the ground up

learn more

Kids' Gardening – Cultivating Food and Life Lessons

Information about the mental and physical benefits of growing food and how it gives us purpose and clarity

learn more

Kids Growing Strong: Bringing a Garden into Every Child's Life

Kid-led gardening resource integrating gardening with life

learn more

Kids in the Garden: Nutritious and Fun

Academy of Nutrition and Dietitians website for gardening and empowering for life

learn more

Kids Recipes: Diverse and Delicious

A comprehensive compilation of food blogs and websites with diverse, fun, and healthy recipes for kids and families

learn more

Kids Activity and Nutrition: Food Fueling Fun

From the USDA, interactive websites and games focused on physical activity and nutrition



Whole Health Institute

© 2020 Whole Health Institute and Chopra Library

Resources for Further Exploration

learn more

Kids and Food Inspiration: Thinking and Learning about Food We Like

Great food blogs for kids of all ages

learn more

Kids Creating: Trying and Evaluating Healthy and Delicious Recipes

Tons of healthy recipes for kids of all ages, with reviews

learn more

Kids and Families: Cooking and Creating Together

Food Network's Cooking with Kids, recipes and tips

learn more

Getting Started with School Gardens

Center for Ecoliteracy guide to creating school gardens as outdoor classrooms

learn more

K-8 School Garden Curriculum

NEA site with downloadable resources from University of Georgia

learn more

School Garden Resources

LifeLab's enormous compilation of school garden resources

learn more

Let it Grow

Harvard School of Graduate Education best practices for school gardens

learn more

The USA School Garden Network

Slow Food USA School Garden Resources



Whole Health Institute

© 2020 Whole Health Institute and Chopra Library