

What's growing on with school gardens?

More and more schools are planting gardens as part of the effort to get kids to eat healthier foods.

Many experts believe that school gardens offer a powerful path leading to childhood obesity. Growing food in a school garden not only teaches students where food comes from and how it grows, but also helps kids to establish eating habits. The fruits and vegetables grown can even become part of a school's program.

Food for thought

But gardens can provide other, too. When kids grow gardens, they learn about plants, soil, and water management, and the fields of biology, ecology and environmental studies. They will probably pay closer to the weather.

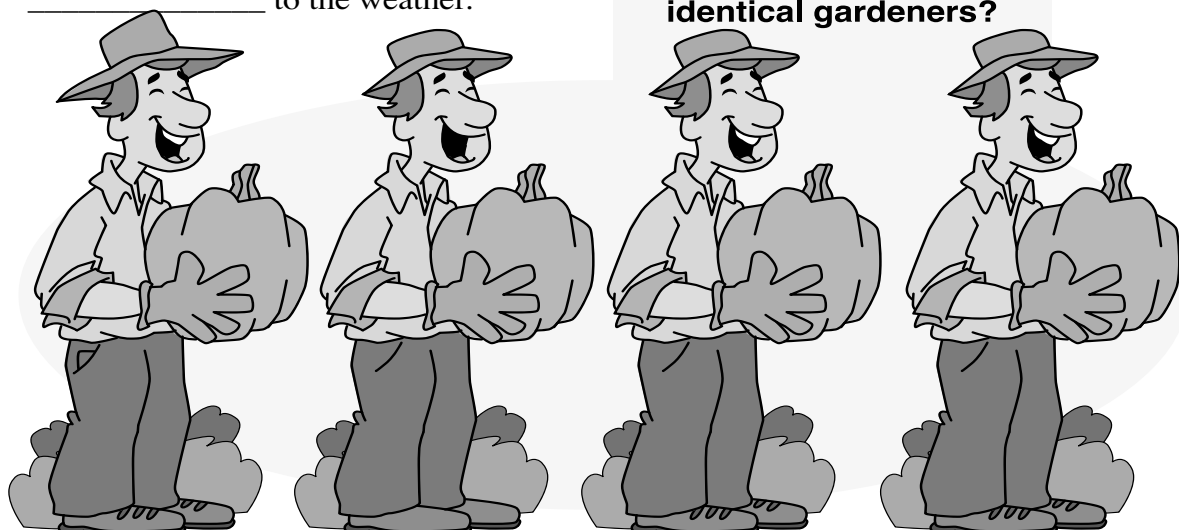
Planting an idea

You don't even need a plot of land to grow plants. Window boxes or can easily provide a start for early learners. A garden or a water garden also provide learning opportunities.

Where do each of these words belong?

HEALTHY ATTENTION
BUTTERFLY LESSONS
CONTAINERS LUNCH
ALTERNATIVE COMPOSTING

Can you find the two identical gardeners?



Standards Link: Visual Discrimination: Find similarities and differences in common objects.

Name That Veggie!

Draw a line from each vegetable picture to its name. How many can you identify correctly? Check your answers below and score 3 points for every one you get right. Give yourself an extra 3 points for each you have eaten in the last 10 days.



- KALE
- LEEK
- GREEN BEANS
- BROCCOLI
- CARROT
- RADISH
- AVOCADO
- BELL PEPPER
- ASPARAGUS
- EGGPLANT

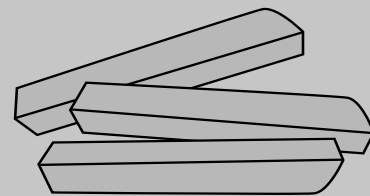
0-3 POINTS: SEEDLING
6 - 12 POINTS: GOOD SPROUT
15 - 25 POINTS: PRODUCE PRO
30+ POINTS: GROWING GENIUS

ANSWERS: 1. radish, 2. eggplant, 3. leek, 4. bell pepper, 5. asparagus, 6. carrot, 7. kale, 8. broccoli, 9. green beans, 10. avocado.

Smarter Snacks

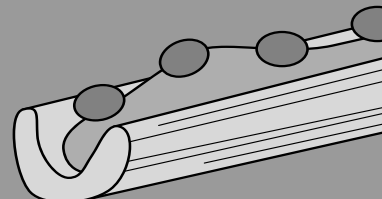
Looking for a healthier sort of snack? Give these a try as a fun way to eat more veggies!

Carrot Fries



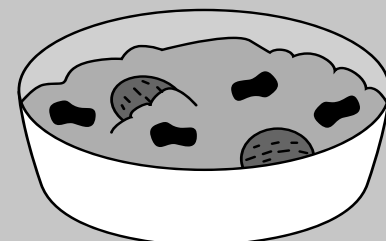
Chop carrots into sticks. Brush them with a little olive oil and sprinkle with rosemary. Bake them at 425° for 20 minutes or until carrots are tender.

Ants on a Log



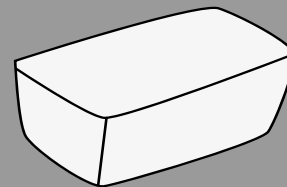
A classic: Spread a little peanut butter on a celery stick and top with some raisins. For a new taste treat, try using different kinds of berries as your "ants."

Ants in the Sand



Crush up some bran flakes or other whole-grain dry cereal into "sand." Mix in raisins (ants) and stir. Use strawberries as ladybugs.

Banana Cubes

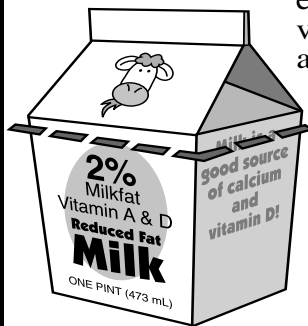


Mash up a banana. Spray an ice cube tray with a little non-stick cooking spray. Place the mashed banana into the tray and cover with plastic wrap. Freeze overnight. Dip the frozen cubes in yogurt for a cool treat.

Standards Links: Reading Comprehension: Follow multiple-step written directions.

Pint-sized Planter

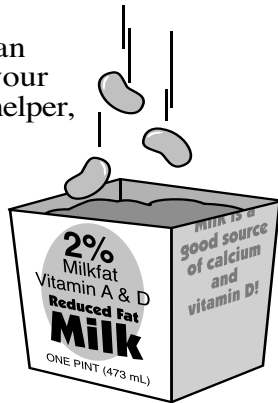
Here's an easy way to start a garden of your very own. You'll need an adult helper, a sunny window and patience!



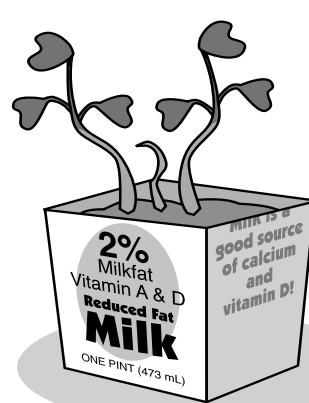
With an adult's help, cut the top off an empty milk carton.



Punch five small holes in the bottom of the carton for drainage.



Fill the carton with soil about an inch from the top. Plant three to five seeds and gently push them into the soil.



Place your planter on a plate in a window and dampen the soil with water.

Extra! Extra! Garden Dot-to-Dot

On one page of the newspaper, find the letters that spell these vegetables that gardeners like to grow. Connect the dots that spell each word.

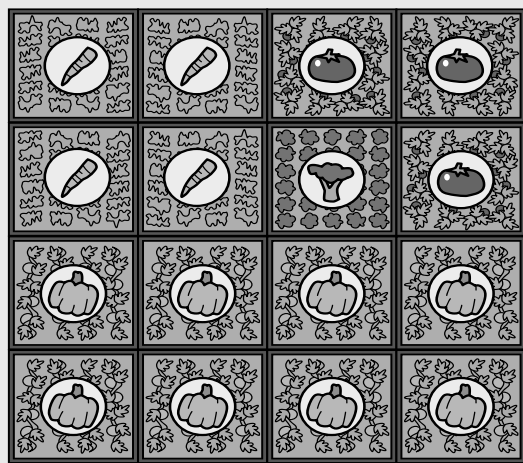
- onion
- kale
- carrot
- beet
- pepper
- radish
- cabbage
- artichoke
- broccoli
- zucchini

Standards Links: Spelling: Spell grade-level appropriate words correctly.

Kid Scoop Puzzler

What fraction of each type of vegetable is growing in this school garden?

- CARROTS:
- PUMPKINS:
- BROCCOLI:
- TOMATOES:

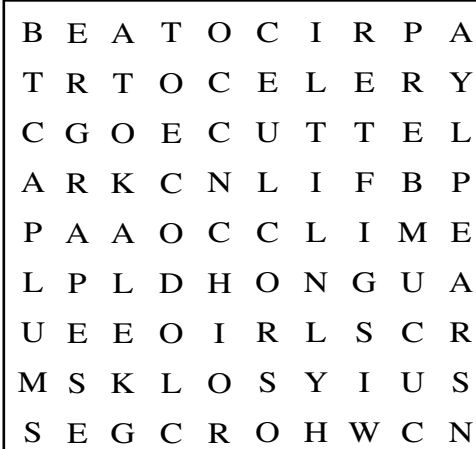


Standards Link: Number Sense: Identify fractions.

Double Double Word Search

- ARTICHOKE
- BROCCOLI
- CUCUMBER
- LETTUCE
- APRICOT
- RADISH
- GRAPES
- CELERY
- MELON
- PLUMS
- PEARS
- KALE
- LIME
- FIGS
- CORN

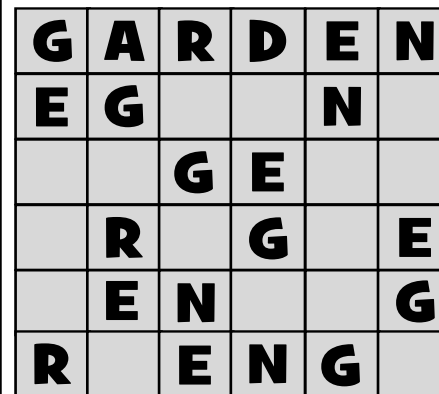
Find the words by looking up, down, backwards, forwards, sideways and diagonally.



Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoo-doku

Complete the grid by using all the letters in the word GARDEN in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.



FROM THE Kid Scoop LESSON LIBRARY

Sounds Good

To crop a picture is to cut away, change the size or eliminate parts that detract from the overall image. Cut out ten pictures from the newspaper. Crop each picture until you have an image you think is just right.

Standards Link: Visual Arts: Understand what makes different art techniques effective in communicating ideas.



Write On!

Ode to Fruit

Write a poem about your favorite kind of fruit.

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