

EDUCATIONAL RESOURCES

Planet Health

Interdisciplinary middle school curriculum; includes 33 lessons across different subject areas, plus an introductory lesson and physical education.

<http://www.planet-health.org/>

Nourish

Middle school curriculum for grades 6-8 interdisciplinary; aligned with national curriculum standards. Set of resources to open a conversation about food and sustainability, contains a viewing guide, six learning activities, action projects and student hand-outs.

<http://www.nourishlife.org/teach/curriculum/>

Food Day Curriculum—Helping Youth Eat Real

Upper elementary and middle school curriculum; offers five lessons on eating real, fresh food, cutting back on processed foods, and advocating for a healthier community. Designed by Teachers College of Columbia University, has suggestions on connecting with Common Core State Standards.

<http://www.foodday.org/schools>

Jamie Oliver's Food Revolution "Learn Your Fruits and Vegetables" program

Use this free starter pack to teach lessons about individual fruits and vegetables. Comes with kid-friendly recipes. The Food Revolution team has partnered with Boys & Girls Clubs of America to promote the kit.

<http://www.jamieoliver.com/pdfs/us-veg-sample.pdf>

Big Ideas: Center for Ecoliteracy

Conceptual framework for an integrated curriculum; includes AAAS benchmarks. Not lessons.

<http://www.ecoliteracy.org/books/big-ideas-linking-food-culture-health-and-environment>

The Edible Schoolyard

Intended for late elementary – middle school students but can be adapted; interdisciplinary and integrated (gardening, cooking, environmental studies).

http://edibleschoolyard.org/program/edible-schoolyard-berkeley?quicktabs_programs=2

Eat Well and Keep Moving

Upper elementary school, interdisciplinary curriculum.

<http://www.eatwellandkeepmoving.org/>

Linking Food & the Environment Curriculum Series

A research-based science and nutrition curriculum designed by Teachers College of Columbia University.

[Growing Food \(4-6 grade\)](#)

[Farm to Table & Beyond \(5 and 6\)](#)

[Choice, Control & Change \(6-8 grade\)](#)

