Goal
Children study nutritious eating by growing their own vegetable garden.

What
Summer is a great time to investigate the journey that vegetables take from farms to our tables. Children study how vegetables grow, who grows them, and why eating vegetables is so important.

Why
Vegetables are a nutritious part of a healthy diet. As children study vegetables, they gain appreciation for the work that goes into growing, harvesting, transporting, and preparing vegetables.

Community
A gardening expert visits the classroom to help children plan their vegetable garden. Children visit a farmers market, grocery store, or supermarket to see how vegetables are sold.

Family
Family members can suggest a field trip location, visit the classroom for a Garden Tour to view children’s vegetable garden, and support children’s learning at home.