

## Goals

Children promote and engage in nutritious eating through planting their own vegetable garden.

## What

Summer is a great time to explore the journey that vegetables take from farms to our tables. Children explore 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 explore 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.

Copyright University of Maryland 2018