



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

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.

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.

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.

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.

-  **Goals**
-  **What**
-  **Why**
-  **Community**
-  **Family**

