

Basics of Edible Gardens For Early Childhood Providers

Trainer Preparation

Module IV has three
Units.

Unit 1: Setting Up
Your Edible
Garden

Unit 2: Growing
Healthy Plants

Unit 3: Garden Friends
and Garden
Health



GOAL

To educate Early Childhood Providers on the basic principles of Edible Children's Gardens through an interactive hands-on approach, in an effort to provide safe garden learning opportunities for children ages 3-5 years.

OBJECTIVES

Providers will...

- Learn basic techniques of small-space edible gardens adaptable to early childhood centers.
- Learn how to integrate edible gardens into their 5-A-Day curriculum.
- Learn safe and healthy practices of edible garden care.

Children will...

- Learn where vegetables and fruits come from and how good fresh-picked garden produce tastes.
- Learn the connections between personal nutrition and healthy gardens while growing an edible garden

Administrators will...

- Learn how to further support their staff in providing preschoolers hands-on learning about food plants and nutrition in a garden setting.

For more information about this workshop please contact
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