

4-H Growing Connections

A Garden-Enhanced Nutrition Education Curriculum

The primary theme emphasized throughout 4-H Growing Connections is making healthy food choices. The curriculum is divided into five sections: Gardening, Food Safety, Nutrition, Food Security, and Food Preservation. Each section includes objectives, background information for the instructor, planned observations for evaluation, one to three lesson plans to choose from, and a list of supplies needed.

Specifically designed with the "outdoor classroom" in mind, lesson plans include fun, hands-on activities where students learn by doing. The curriculum is enriched by a variety of group building games and activities, cooking recipes and additional resources on gardening and nutrition education. The curriculum package includes a variety of evaluation tools such as 'camera ready' documents for recording observational and statistical data in addition to sample copies of the Fruit and Vegetable pre/post test. Additional copies of the pre/post test can be ordered separately.

4-H Growing Connections has been successfully used by school age child care education programs, organized 4-H and 4-H Cloverbud groups, special interest/short term programs, day camps, school enrichment programs, summer food service programs, parents, Master Gardeners, and adult volunteers. The written curriculum is designed for youth age 5-12, but can be adapted for older youth.



4-H Growing Connections: A Garden-Enhanced Nutrition Education Curriculum

*\$30.00
plus shipping*



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4-H Growing Connections



Pre/Post Evaluation Materials

One of the primary goals of 4-H Growing Connections is that youth will increase their preference for the taste of fruits and vegetables by developing life skills to grow a garden and prepare and preserve food in a safe way. In order to find out how the participants' choices are influenced by the program, program leaders administer the Fruit and Vegetable pre/post evaluation tool.

Two versions of the pre/post tests have been developed to measure children's preferences for 24 common fruits and vegetables. It is suggested that program leaders choose one format for evaluation purposes (i.e. either the stickers or the chart).

Fruit and Vegetable "Stickers"

Each participant is given 24 stickers, each of which has a photograph of a fruit or vegetable. Participants are given a large piece of paper divided into four sections labeled "I like it" 😊, "It's okay" 😐, "I don't like it" ☹, "I don't know/ I Never tried it" [?] . They are asked to place each sticker in the appropriate category to indicate how they feel about each food item.

Fruit and Vegetable "Charts"

Designed for older youth, each participant is given a chart, which has a photograph of 24 vegetables and fruits. The chart is divided into four sections labeled "I like it" 😊, "It's okay" 😐, "I don't like it" ☹, "I don't know/ Never tried it" [?] . Participants are asked to circle the facial expression that indicates how they feel about each food item.

Vegetable and Fruit "Stickers"

Matching Pre/Post Test:

*\$3.50 each
plus shipping*

Vegetable and Fruit "Charts"

Matching Pre/Post Test:

*\$3.50 each
plus shipping*



Order Form

SHIP TO:

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Company/Org. _____

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Send your order to:

UVM Extension

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Qty.	Item	Price per unit	Total
	4-H Growing Connections Curriculum (includes a three ring binder and one sample copy of evaluation materials)	\$30.00	
	Fruit and Vegetable "Stickers" Matching Pre/Post Test (order 1 unit per participant)	\$ 3.50	
	Fruit and Vegetable "Charts" Matching Pre/Post Test (order 1 unit per participant)	\$ 3.50	

Shipping Charges Table (Ground)

Continental United States

Purchase	Shipping
\$2.51 - \$6.00	= \$4.85
\$6.01 - \$15.00	= \$5.77
\$15.01 - \$35.00	= \$7.98
\$35.01 - \$55.00	= \$9.13
\$55.01 - \$75.00	= \$10.27
\$75.01 - \$110.00	= \$11.48
\$110.01 - \$210.00	= \$12.57
\$210.01 - \$300.00	= \$13.78
\$300.01 - \$400.00	= \$23.62

\$400.01 and over: Call, fax, or e-mail for quotes.

Product Total	
Shipping	
TOTAL	

Make checks or purchase orders payable to:
UVM Extension

Thank you for your order!