

## Key Garden and Nutrition Lessons



The Denver Urban Gardens curriculum is a full year curriculum on gardening and nutrition, which can easily be adapted to periodic lessons. If you do not have the capacity to teach gardening and nutrition every week, here are some suggested seasonally appropriate lessons that focus on growing, the life cycle and basic nutrition.

Each lesson plan is densely packed to fill a one-hour class session with discussion, hands-on experiential learning and journaling. The lessons have been organized to follow the seasons but many can be adapted to fit other times of the year.

### Fall

- Be Healthy! or Healthy Bodies, Healthy Gardens
- My Plate
- What are Whole Grains?
- Worms are Our Friends

### Winter

- Nutrition Detectives
- How Much?
- Fat Sandwiches
- Easy Ways to 5-A-Day
- Drinking Sugar

### Spring

- Grocery Bag Botany
- Introducing the Seed
- Dig In!
- Spring Planting
- Let's Celebrate!

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