



growing good kidsSM

When students are learning, in-class or virtually, and can get their hands dirty growing vegetables with a school garden project, they'll also be growing a host of academic gains, health benefits and opportunities to connect learning to students' homes/families.



ABOUT JMG's VIRTUAL LEARN, GROW, EAT & GO!:

Learn, Grow, Eat & GO! (LGEG) is the research & evidence-based curriculum project of the Junior Master Gardener® Program that combines academic achievement, gardening, nutrient-dense food experiences, physical activity, & school & family engagement AND **virtual learning!** Created by teachers, this linear set of hands-on, proven lessons, will help students better understand plants and how plants provide for people's needs. Taught **virtually** by the Junior Master Gardener team, the 10-week (2 lessons/week) learning series will lead students through our hands-on lessons by guiding them through the steps of establishing a thriving garden that is easy to create and maintain, no matter if students are at **school** or at **home**. The easy-to-follow curriculum features opportunities for your students to participate in fresh vegetable tastings/evaluations, simple recipe demos, and physical activities that research shows can improve on-task behavior and academic performance.

HOW TO START:

Better Living for Texans is excited to offer this opportunity for schools that qualify (50% or more Free or Reduced lunch) in Lubbock County. Better Living for Texans (BLT) is a nutrition education program for adults and children that are SNAP participants and SNAP eligible. Upon signing up, (sign-ups completed through your BLT Extension Agent), students will follow along with our JMG team of virtual teachers as they take students step-by-step through the LGEG curriculum. Teachers who are willing to participate will be supported with weekly tool kits and personalized videos.

TIME COMMITMENT:

This is a 10-week (2 lessons/week) garden-based, **virtually presented** learning series. Depending on the growing season, vegetable gardens can continue to be harvested long after the initial 10 weeks.

GRADE LEVEL:

Learn, Grow, Eat & GO! is geared specifically for students in grades 3-5. LGEG is easily adaptable and has been successfully implemented in middle school classrooms as well as with students in younger grade levels.



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



Learn

Teach your class, from school or home, with this linear set of academically rich and proven lessons. Created by teachers, the LGEG curriculum develops critical thinking skills in students, engages on-site and virtual learners, and is fun to teach and easy-to-follow.

In just 2 lessons per week, students will love learning about plants, what they need, how plants provide for our needs, and how they can work with their families to provide for the garden.

Grow

Help your students create an easy-to-build & even easier to-maintain thriving garden. Your students will be the leaders of this living/growing laboratory and will love the STEM learning incorporated in practical applications of planning, creating, developing, arranging, building, exploring and nurturing a successful garden project either at school or from home.



Eat

Give your students a taste of nutrient-dense food growing in their garden. Research shows that children often must be exposed to a new food repeatedly before they will "adopt" it into their diets. Through bite sized sampling of fresh vegetables and inviting Garden Kitchen Recipe demos in Learn, Grow, Eat & Go!, your students will not only taste but they will be objective scientists and evaluate every sample on each of their 5 senses.

Go

Introduce your students to the brain-boosting benefits of the fun and brief activity breaks featured in the GO section of the curriculum. Research shows that these type of short physical activity breaks can improve academic performance and on task behavior from their school or home classroom. Your students will be better ready to learn after one these quick relays, games and challenges.



RESOURCES:

For more information contact your local County Extension Office

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