

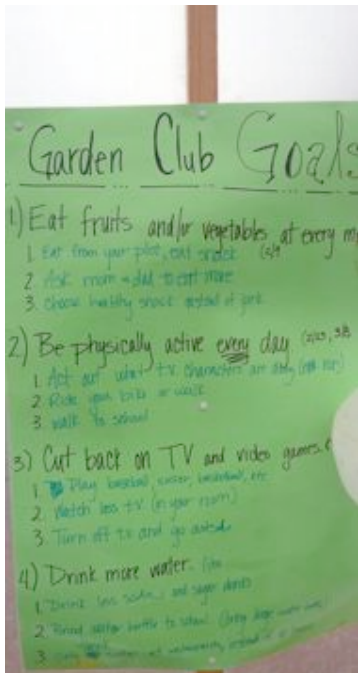
School Gardening for Health

Candice Shoemaker, Ph.D.

Professor, Horticulture and Human Health

Department of Horticulture, Forestry, and Recreation Resources

Kansas State University



Integrating Schools, Community, and Family to Effect Sedentary Behavior, Fruit and Vegetable Consumption, and Physical Activity



United States
Department of
Agriculture

National Institute
of Food and
Agriculture

project PLANTS

Promoting Lifelong Activity and
Nutrition Through Schools



Were kids ever this thin?



then



1951

now



2006

Background

- Childhood overweight is at an all-time high in the U.S.
- There is an imbalance between energy consumed and expended
- The problem is multifactorial



Background

- Healthy Eating (HE)
- Physical Activity (PA)
- Sedentary Behavior (SB)



Background

- School gardens

School Garden Guidelines

How to Teach Children about Nutrition and the Environment



Background

- School gardens in nutrition education programs
 - Improved preference for fruits and vegetables (Lineberger and Zajicek, 2000)
 - Improved willingness to try fruits and vegetables (Morris et al., 2001)
 - Improved and maintained nutrition knowledge and preference for fruits and vegetables (Morris and Zidenberg-Cherr, 2002)



Goals of project PLANTS



School



Grades: 4th & 5th graders



After-school garden club

Healthy snacks

Physically active games

Gardening year round

High tunnel

Individual

Community Garden

Gardening & Nutrition

lessons worked into

activities



Twice/week during school year



Family



- Changing family norms
 - Raise awareness
 - Build gardening families
- Skill development
 - Bi-weekly newsletter, compliments the curriculum
 - gardening tips
 - easy to prepare, inexpensive recipes
 - physical activity tips
- Opportunity for involvement
 - Take-home question
 - Plants



Community



- Members: school and after-school staff, Extension staff, MG, PTO members, community members
- Role models from within community
- Various skills & experience
- Support school
- Intergenerational benefits
- Create safe community environment



Outcomes of project PLANTS



School



- high tunnels built
- gardens established
- 10 week fall curriculum
- 12 week spring curriculum





Justin's
Plot

KEEP
OUT!!





Family

Community



Message from Kylene

Community Volunteer last year

Dietetics & Public Health Nutrition
interested in nutrition education especially with children

- Learned how to garden
- Opportunity to work with a great group – kids, community volunteers, and project leader.



project PLANTS

Team

- Candice Shoemaker
- David Dzewaltowski
- Ted Carey
- George Milliken
- Judy Johnston
- Greg Welk
- Melissa Bopp
- Cynthia Domenghini
- Tanis Hastman
- Erika Huber
- Paige Johnson
- Lani Meyer
- Sara Rosenkranz
- Annie Smith
- Alicia Thompsen
- Patty Zehl
- Master Gardeners, Teachers, Parents, K-State Students and other Community Volunteers

Questions?

