EDUC267G: Integrating the Garden into the Elementary Curriculum
Pre-fall-spring
2015-2016
1 unit

Instructors: Ruth Ann Costanzo, Jesse Cool & Drew Harwell
Office: CERAS 307
Office Phone: 650-996-0533
Instructor Email: ruthann@stanford.edu

Course Description
This mini-course uses the garden and kitchen environments to provide teacher candidates with real-world contexts in which to explore some of the key issues that children face in health, nutrition, and sustainability. Sessions occur once a quarter and center on a particular theme and subject matter. Teacher candidates will gain an understanding of how to integrate the various themes with content areas and standards. They will also gain an appreciation for the importance of addressing children's health needs in an era when the country is facing increased obesity and other health problems in young children by learning the skills needed to support a garden project and cook the food grown. Teacher candidates will leave the course with ideas and models on how to continue this type of work at their own school sites. The course, which primarily takes place in the garden, serves as a metaphor for teacher candidates' growth over the course of the year as they learn to become educators.

Sessions at a glance

<table>
<thead>
<tr>
<th>Session/Date/Time</th>
<th>Theme/Topics</th>
<th>Subject Matter Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1 - summer</td>
<td>Planting the Seeds of Change</td>
<td>Mathematics</td>
</tr>
<tr>
<td>AUGUST 7 9:45am-12:30pm</td>
<td>- Intro to benefits of garden programs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Children's nutrition</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Importance of fruits and vegetables</td>
<td></td>
</tr>
<tr>
<td>Session 2 - autumn</td>
<td>Living History</td>
<td>Social Studies</td>
</tr>
<tr>
<td>OCTOBER 30 10am-12:30pm</td>
<td>- Gardening With heritage seeds</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Ohlone Indians</td>
<td></td>
</tr>
<tr>
<td>Session 3 - winter</td>
<td>Gardening in a container, cooking in a pot</td>
<td>Science/Health</td>
</tr>
<tr>
<td>FEBRUARY 26 10am-12:30pm</td>
<td>- Medicinal herbs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Health</td>
<td></td>
</tr>
<tr>
<td>Session 4 - spring</td>
<td>Bring it Back Home</td>
<td>Integrated curriculum</td>
</tr>
<tr>
<td>JUNE 3 10am-12:30pm</td>
<td>- Site visits</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Lunch at the garden</td>
<td></td>
</tr>
</tbody>
</table>
Course Expectations
This is a course designed to help you learn both practical skills in planting, gardening, and cooking, along with teaching skills in integrating standards with real-life contexts. As such, attendance of the four class sessions is expected. Teacher candidates should be prepared to participate in the various rotations that will help with acquisition of this knowledge. If you must miss a class for any reason, please notify the lead instructor prior to the class via email.

Final Assignment - due date: JUNE 3
Teacher candidates will complete a final lesson plan or unit (1-3 lessons) utilizing knowledge gained from the three garden sessions. Teacher candidates have the option to teach the lesson or unit during their independent student teaching week. Teacher candidates will identify a subject area or areas on which to focus, choose standards to address in a lesson or unit, identify materials needed, outline the lesson, and select an assessment.

Session Details

Session 1: Planting the Seeds of Change
In this session, we will spend time learning about the beginning stages of growing a garden and observing the garden in the summer season. We will also investigate the ways that mathematics might be integrated with the garden.

Standards Focus: Common Core Mathematics Standards

Suggested Reading(s) & Resource(s):
How to Grow More Vegetables: Than You Ever Thought Possible on Less Land Than You Can Imagine by John Jeavons

Session 2: Living History
In this session, we will observe the changes that have occurred in the garden from summer to autumn. We will learn about the old ways of gardening, preserving, and preparing for the winter. We will learn about the Ohlone Indians and the ways that they used heritage seeds in their daily lives through integration of the Social Science standards.

Standards Focus: CA Social Science Standards:

Suggested Reading(s) & Resource(s):
Renewing America's Food Traditions: Saving and Savoring the Continent's Most Endangered Foods by Gary Nabhan
Session 3: Gardening in a Container, Cooking in a Pot
This session will be used to facilitate understanding of the way the seasons impact the garden and the structures used for gardening. Teacher candidates will gain practical skills in learning how to use containers in the winter. We will also explore issues of health and the role of medicinal herbs in promoting health.

Standards Focus: Next Generation Science Standards

Suggested Reading(s) & Resource(s):
“A School Garden in Containers” by Drew Harwell

Session 4: Bringing It Back Home
In this last session, we will visit several Bay Area school garden projects. We will learn about the effect that resources have on starting and sustaining gardens at your own school sites. In observing the changes in the garden due to spring, we will also revisit the theme of sustainability.

Standards Focus: Integrated Curriculum:

Suggested Reading(s) & Resource(s):
Hungry Planet: What the World Eats by Peter Menzel & Faith D'Aluisio

STUDENTS WITH DOCUMENTED DISABILITIES:
Students who may need an academic accommodation based on the impact of a disability must initiate the request with the Office of Accessible Education (OAE). Professional staff will evaluate the request with required documentation, recommend reasonable accommodations, and prepare an Accommodation Letter for faculty dated in the current quarter in which the request is made. Students should contact the OAE as soon as possible since timely notice is needed to coordinate accommodations. The OAE is located at 563 Salvatierra Walk (phone: 723-1066, URL: http://studentaffairs.stanford.edu/oae).