



Let's Get Growing Healthy Communities with Learn, Grow, Eat, GO!

You are invited to register for a professional development training to introduce TX A&M AgriLife Extension's curriculum: Junior Master Gardener, Learn, Grow, Eat. Go! TEKS Aligned for grade levels 3rd to 5th. Attend training to learn about possible school garden "mini" grants with MOU.

Learn, Grow, Eat & GO! Curriculum provides ten (10) concepts of instruction that emphasize Science, Math, Language Arts/Reading, Writing, Social Studies, Physical Education, Health, Horticulture, and Nutrition all with a solid correlation to the Texas Essential Knowledge and Skills (TEKS) standards.

Total number of TEKS: 99

Total number of TEKS eligible for STAAR testing: 36

Total number of TEKS eligible for STAAR testing as Readiness Standards: 16

Total number of TEKS eligible for STAAR testing as Supporting Standards: 20



Learn, Grow, Eat, Go! Community Partner Training

Tuesday-October 17th, 2017– 9:30 am –2:00 Pm

5 -CEUs Professional Development– Registration \$40 includes a working lunch

Weekly Community Center—8440 Greenhouse Rd, Cypress, TX 77433

Register on Eventbrite <http://tinyurl.com/LGEGTrainingOctober17>



Contact Sheryl Nolen, CEA 4-H/JMG Specialist for information at 713-274-0978 or email snolen@ag.tamu.edu

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this program are encouraged to contact AgriLife Extension **5 days prior to the event** to determine how reasonable accommodations can be made.

More About Learn, Grow, Eat & GO! (LGEG).

AgriLife Extension's trainers will demonstrate how health/nutrition and physical activity programs can strengthen the health and wellness of your students, their families, and the community; as well as, support your students' academic needs in relation to the state assessment requirements. Curriculums are aligned with the state mandated TEKS and support both the STAAR Readiness and STAAR Supporting Standards in Science, Math and ELA.

Schools with teachers who attend the training and **agree to MOU** to implement the curriculum this Fall or Spring will qualify for a **FREE copy of the curriculum** (one per school site). Extension staff will work with each site to build support, train volunteers and manage available resources to support the implementation of the 10 Lessons over the course of three months. Extension staff will work with site staff a, volunteers and teachers to host a "family engagement" event such as Family Meal Time to engage youth and parents in the preparation of the healthy simple recipes featured in the LGEG Curriculum.

Learn about JMG and LGEG curricula/success stories and the variety of ways school garden programs can be supported through local extension staff and Master Gardeners, district food service directors and staff, SHACs, parent groups, ESL participants and community groups such as churches. This training will empower participants to think of school garden programs as effective teaching tools to improve children and families engagement and health.



Workshop Description:

A garden can be good for the mind, body, and soul! This training will cultivate awareness of how school gardens can be used as a tool to educate children and families on the importance of healthy eating and active lifestyles. Using the new Junior Master Gardener (JMG) LGEG curriculum and Walk Across Texas (WAT) lessons and activities, participants will learn how to: integrate learning (**LEARN!**) in science, math, language arts, and health with a school garden (**GROW!**); incorporate tasting vegetables and vegetable recipe demonstrations (**EAT!**); and increase physical activity in children and their families (**GO!**)

What school personnel are saying about Learn, Grow, Eat & GO! We know that obesity is more common now than ever, so when we saw how excited the students were when we built the garden we knew this project was going to have a major impact on our students and community..." 3rd grade teachers

[This] is a perfect example of a wellness program that addresses a variety of interests and provides a lifelong wellness skillset...it is our hope that the students impacted by this program will continue to be wellness role models in the community." School District Wellness Personnel



Youth learn to eat more vegetables.



Students engaged building gardens and grow vegetables



Cooking recipes in classroom

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, The United States Department of Agriculture and the County Commissioners Courts of Texas Cooperating.