



Dear Teacher,

Welcome to ***Dig In!*** – a standards-based educational journey through the world of gardening and nutrition. Developed under the United States Department of Agriculture’s (USDA) Team Nutrition initiative, this supplemental unit is designed to encourage 5th and 6th graders to eat more fruits and vegetables and develop an awareness of how these foods are grown. You can use ***Dig In!*** to add fun and interactive activities to Math, Science, and English Language Arts lessons, while also helping your students learn healthy eating habits.

Whether your class garden consists of a few containers or you have a large outdoor plot, you can use these lessons. We’ve provided tips on how to adapt them according to your classroom needs and school resources.

In ***Dig In!***, you will find:

- **Ten Lessons** with fun, inquiry-based, cross-curricular activities that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables
- **A Gardening Guide** with information on how to start and maintain a garden to grow the fruits and vegetables featured in the lessons
- **A *Dig In! at Home* Booklet** to send home to parents and caregivers to share what’s being covered in class, as well as healthy recipes and helpful tips
- **Six *Dig In!* Posters** to remind and motivate students to choose fruits and vegetables in the cafeteria and other places food is sold or eaten in your school

While garden-based education offers a natural science connection, the interdisciplinary options are endless. Read through the following pages to learn ways you can integrate these lessons into your unique classroom experience. Join us in exploring the world of opportunities in the garden and on your plate.

Dig In!

Sincerely,

Your Friends at Team Nutrition