

NUTRITION EDUCATION



Our signature **Seed-to-Plate Nutrition Education™** curriculum, for 4-12 year old students makes healthy food fun. Developed by chefs, teachers and gardeners and extensively tested with help from nutritionists and scientists, our hands-on learning empowers children with knowledge and lifelong skills to create healthy, yet tasty snacks and meals for themselves.

With our integrated gardening and culinary lessons, trained and certified S2P Instructors lead students through a journey of flavor explorations beginning with how taste buds work together, then around My Plate with easy to execute recipes created with fresh seasonal produce from their own gardens, where they learn the source of their food and its full cycle from planting through harvest. Complementary worksheets incorporate our healthy message into core subjects--math, science, language arts and social studies, and it's all spiced up with engaging contests. Lessons are Common Core and TEKS aligned with PreK-8th grade learning objectives.

With the most comprehensive curriculum available, we have taught thousands of children and documented significant improvements in nutrition knowledge, consumption of fruits and vegetables and willingness to try new fruits and vegetables. In 2010, we were asked to bring our programs to national scale, prompting the development of our Affiliate Partner Program underpinned by rigorous S2P Instructor training, certification and ongoing support to ensure continued integrity and results. We translated our award-winning curriculum into an online S2P Instructor Guide offering expert support and an indexed library of 500+ lesson plans designed to relate to harvest schedules and grade-level core learning objectives. Seed-to-Plate Nutrition Education™ is briskly expanding throughout Texas, and to sites from coast to coast that have become Recipe for Success Affiliate Partners. Freely available on our website, a kid-tested **farmers markIDS** five lesson plan toolkit, introduces students to freshly grown produce, agribusiness and food marketing tactics, while developing their financial literacy, entrepreneurial skills and business experience.

www.recipe4success.org

