



**Plant It, Grow It, Eat It!**  
**PARTICIPANT AGENDA**  
**9:00AM - 3:30PM**

- 9:00**            **Welcome, Introductions**
- 9:20**            **Go, Grow, Glow**  
In this sample activity, participants brainstorm activities they enjoy and discuss the ways healthy foods help them go, grow and glow.
- 9:45**            **Power Plate**  
In this sample activity, participants learn about food groups and the value of balancing the food groups for all-around health. They sort foods into categories and discuss the proportions of each category on Life Lab's Power Plate and other food grouping resources. They then look around the garden for foods from each category; and plan balanced meals using what they've learned.
- 10:20**            **Discussion: Outdoor Classroom Management**  
Participants will discuss challenges and successful strategies for managing large groups of students outdoors.
- 10:35**            **Break**
- 10:45**            **The Power and Purpose of Garden-Enhanced Nutrition Education**  
In this Powerpoint presentation, participants look at research that demonstrates how gardens can be used effectively to increase children's preference for, and consumption of, fruits and vegetables.
- 11:15**            **Eat a Rainbow**  
In this sample activity, participants learn about phytonutrients. They then look for a range of natural colors in the garden and discuss the importance of variety both in the garden, and in our diets.

**11:45**      **Lunch**

**12:30**      **Crop and Lesson Planning for a Year-Round Harvest**

In this session, participants learn to find important planting and planning information on their seed packets. They then work together to plan out when they would need to plant a variety of crops in order to achieve their harvest at the desired time.

**1:15**      **One-Bite Lessons**

In this garden exploration, participants learn about safe on-farm food handling. They discuss engaging garden design elements and use fresh garden produce to make snacks that require minimal preparation, such as “Pizza on a Stick.”

**1:45**      **Preparing a Healthy, Seasonal Snack**

In this cooking activity, participants discuss tips and tools for engaging children of different ages in safe food preparation; and then they use fresh produce from the garden to make a healthy, seasonal snack employing tools and strategies recommended for children.

**2:30**      **Break**

**2:45**      **GENE in Action, Resource Share**

In this presentation, participants see examples of thriving Garden-Enhanced Nutrition Education programs and discuss the nuts and bolts of program management.

**3:15**      **Q and A, Closing**